

Ketupat Pulut (Compressed Rice Cakes) Recipe

(Malaysian steamed glutinous rice cakes wrapped in banana leaves)

Ingredients:

875 ml coconut cream, squeezed from 3 grated coconuts with a little water added
1½ teaspoon salt
1 kg glutinous rice, washed and drained
10 pieces banana leaves, each trimmed to 23x18cm and scalded

Method:

In a large saucepan, combine coconut cream and salt. Bring to a slow boil over low heat. Add glutinous rice and stir for 10-15 minutes or until almost dry. Cover saucepan and cook over low heat for 20 minutes or until glutinous rice is half-cooked. Remove from heat. Onto the center of each banana leaf, put 3-4 tablespoons cooled, half-cooked glutinous rice, then roll into a long roll about 4 cm in diameter. Twist and tie the 2 ends of each roll securely with strong string or triple strength nylon threads. Secure roll by tying string around the center as well. Prepare a steamer for use. When ready, steam glutinous rice rolls for 2 hours over low heat. Remove rolls from steamer and leave to cool. Discard banana leaves and cut rolls into 2.5-cm thick slices. Serve with Serunding Daging (Shredded Spicy Dried Beef).

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