

Korean Sweet Glutinous Rice Recipe

(yak-sik)

Ingredients:

630 g glutinous rice
200 g molasses
500 ml water
2 tablespoons light soy sauce
1 teaspoon ground cinnamon
4 tablespoons sesame oil
10 dried red dates, stoned and sliced longitudinally then cut into thin slices
10 chestnuts, peeled and sliced
1 tablespoon pine nuts

Method:

Soak glutinous rice in water for at least 3 hours. Combine the molasses with water, soy sauce, ground cinnamon and sesame oil in an uncovered pressure cooker over low heat until the molasses melts. Drain glutinous rice. Add to pressure cooker with dried red dates, chestnuts and pine nuts. Cover pressure cooker and increase heat. When pressure cooker starts to steam, switch it off and leave covered for another 3-5 minutes. When all the steam has escaped from the pressure cooker, open the lid and remove the glutinous rice. Portion and compact the rice tightly into desired moulds so they will hold their shape and turn out onto a serving plate. Serve hot or at room temperature.

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