

Kuih Abuk-Abuk Recipe

(Palm Sugar Rice Pyramids Indonesian Dessert)

Ingredients:

200 g glutinous rice, washed and soaked for 3-4 hours or overnight
100 g young, grated coconut (white part of coconut only)
100 g palm sugar, finely chopped
1¼ teaspoon salt
18-20 pieces softened banana leaves, cut into 12-cm squares

Method:

Drain the soaked glutinous rice and grind (not too finely) in a spice grinder to the texture of fine breadcrumbs. In a mixing bowl, combine the ground glutinous rice, grated coconut and salt, the mixture should be crumbly. Fold the banana leaf into a wide cone. Fill the tip with 2 tablespoons of rice mixture, hollowing out the middle slightly. Into this hollow, spoon in 1 rounded teaspoon of chopped palm sugar, being careful to enclose it within the flour (to prevent leakage during steaming). Top with another scant 1 tablespoon of mixture to cover the sugar. Fold the base of the triangle over to enclose neatly and arrange cones on a steamer tray. Steam over moderate heat for 25 minutes.

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