

Pulut Tai Tai Recipe

(Glutinous Rice Nyonya Kuih Recipe)

Ingredients:

30 butterfly pea flower (bunga telang)
3 tablespoons water
700 g glutinous rice, washed and soaked for 4 hours
2 pandan (screwpine) leaves, knotted
200 ml (1 cup) thin coconut milk
400 ml (2 cups) thick coconut milk
1 heaped teaspoon salt
1 banana leaf

Method:

Wash and pound the flowers and mix with the water. Strain to extract the indigo blue coloring. Set aside. Mix the rice with half the thin coconut milk and allow to absorb for 5 minutes. Line a steaming basket with cloth and put in the rice and pandan leaves. Steam over rapidly boiling water for 10 minutes. Add the rest of the thin coconut milk, stir through, and continue to steam for another 10 minutes. Remove the steaming basket from the steamer and add the thick coconut milk and salt. Stir with a pair of chopsticks to mix well. Add the blue coloring to $\frac{1}{4}$ of the steamed rice and return to the steamer to cook for 10 minutes. Line a shallow 18cm (7") square pan with banana leaf. Grease the surface of the leaf before spooning in the cooked rice, alternating the blue portion with the white. Mix well. Level the surface and press down the rice with a banana leaf. Cover the top of the rice with a banana leaf and place a heavy object on it to compress the rice. Leave to cool before cutting into pieces to serve with Kaya (Coconut Egg Jam).

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