

Asian Desserts

Red bean rice cake - 红豆年糕

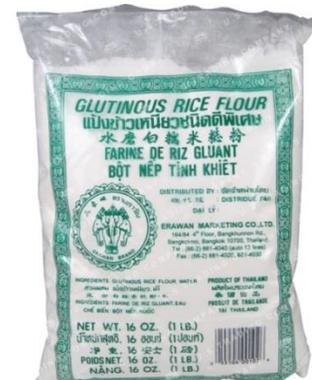
A traditional Chinese dessert often eaten during the lunar new year.

Ingredients

- 1 lb glutinous rice flour
- ½ cup sugar
- 1 tsp baking powder
- 1.5 cups sweetened red bean paste
- 2 eggs
- 1/8 cup vegetable oil
- 1.75 cups milk
- 4 tablespoons condensed milk

Directions

1. Preheat the oven to 350 degrees F and grease an 8 by 13 inch baking pan
2. Mix the dry ingredients (rice flour, baking powder, sugar)
3. In a separate bowl, beat the eggs. Then mix in the milk, oil, and condensed milk.
4. Pour the egg/milk/oil mixture into the dry ingredients and mix.
5. Stir the red bean paste into the batter
6. Pour batter into the baking pan and bake for 40 minutes at 350 degrees.
7. Broil for 2 minutes to make the top golden brown



Matang - 마탕

Ingredients

- 1 pound of Korean sweet potato
- Vegetable oil
- Sugar
- Black sesame seeds

Directions

Prepare your potato:

1. Peel Korean sweet potato
2. Rinse it in cold water and dry it with paper towel or cotton cloth.
3. Slice it into chunks that look like smooth-edged triangles, about 2 inches wide and ½ inch thick.
4. Put 5 cups of vegetable oil into a wok or frying pan and heat it up.



5. Fry the chunks of the sweet potato over medium high heat for about 6-8 minutes until golden brown.
*tip: You can tell if the oil is hot enough to fry by dipping the tip of a sweet potato chunk into it. If it bubbles, it's the right temperature to fry.

Make coating syrup:

1. In a thick bottomed pan, add 1 tbs vegetable oil spread the oil by moving the pan around.
2. Sprinkle ¼ cup of white sugar on over the oil evenly.
3. Heat it up over medium heat for a couple of minutes.
4. When the sugar starts melting, lower the heat and simmer about 7-8 minutes more, until the sugar turns into golden-brownish syrup.
*tip: Never stir the syrup with a spoon; spread it by moving your pan.

Put it together:

1. Lay out a non-stick sheet of baking parchment.
2. Add the fried sweet potato to the syrup in the pan. Gently mix to coat the potato chunks in the syrup.
3. Sprinkle some black sesame seeds over top.
4. Transfer the potato to the parchment sheet. Leave a gap between each potato piece so that they don't stick to each other.
5. When the coating cools down and become solid, transfer to a serving bowl.

Mochi - もち or 餅

Ingredients

Mochiko (100g)
Sugar (40g)
Water (140g)
Potato (Corn) Starch
Sweetened red bean Paste (20~25g each)



Directions

1. Make red bean paste balls.
2. Mix Mochiko and sugar in a microwave-safe bowl. Stir in water until smooth.
3. Cover bowl with plastic wrap, and cook it in the microwave for 2~2.5 minutes. (600w)
4. Remove plastic wrap and stir well. Again, cover the bowl with plastic wrap, and cook in the microwave for 1.5 minutes.
5. Remove the plastic wrap and stir well. Again, put it back to microwave and cook it for 1.5 minutes.
6. Remove the plastic wrap and stir well. When it gets cooler, wet your hands and take Mochi for one serving from the bowl, and Sprinkle with potato starch.
7. Flatten the Mochi and place one red bean paste ball in the center. Pinch the mochi over the red bean paste until the paste is completely covered.
8. Sprinkle with potato starch.

***Boba and Bubble Tea* - 泡沫紅茶 (bubble black tea)**

Ingredients

1/4 cup dried boba tapioca pearls per serving (*NOT quick-cooking boba*)
1-2 tea bags per serving, any kind
1/2 cup water
1/2 cup sugar
Milk, almond milk, or sweetened condensed milk
Fruit juice or nectar (optional)



Directions

- 1. Cook the Boba:** Measure 2 cups of water for every 1/4 cup of boba being prepared into a saucepan. Bring the water to a boil over high heat. Add the boba and stir gently until they begin floating to the top of the water. Turn the heat to medium and cook the boba for 12-15 minutes. Remove the pan from heat, cover, and let the pearls sit for another 12-15 minutes.
- 2. Prepare Sugar Syrup for the Boba:** While the boba are cooking, make a simple sugar syrup to sweeten and preserve them once cooked. Bring 1/2 cup of water to a boil over high heat on the stove or in the microwave. Remove from heat and stir in 1/2 cup sugar until dissolved. Set aside to cool.
- 3. Prepare a Strong Cup of Tea:** This can be done either while the boba are cooking or ahead of time. Allow enough time for the tea to cool completely before making the boba. Bring 1 cup of water to a boil. Remove from heat and add the tea bag. Use one tea bag for regular-strength bubble tea or two for a stronger tea flavor. Remove the tea bag after 15 minutes and chill the tea.
- 4. Finish the Boba:** Once the boba have finished cooking, drain them from the water and transfer them to a small bowl or container. Pour the sugar syrup over top until the boba are submerged. Let sit until the boba are room temperature, at least 15 minutes, or refrigerate until ready to use. Boba are best if used within a few hours of cooking, but will keep refrigerated for several days. The boba will gradually harden and become crunchy as they sit.
- 5. Make the Bubble Tea:** Pour the prepared tea into a tall glass and add the boba. Add milk for a creamy bubble tea, juice for a fruity tea, or leave plain and add a little extra water. Sweeten to taste with the simple syrup from soaking the boba.