

# Cantonese (Sticky) Rice Dumplings

## 廣東鹹肉糰 / 广东咸肉粽

Prep time: 30 minutes

Make time: 60 minutes

Cooking Time: 2 hours

Total Time: 3 1/2 hours

Yield: 15 rice dumplings

### **Ingredients:**

60 pieces bamboo leaves  
1 kg glutinous rice  
600 gm peeled mung beans  
350 gm pork belly, no skin  
12 salted egg yolks, halved  
Some string or twine

### **Filling:**

#### Seasonings for mung beans:

3 tsp salt  
2 tsp sugar  
2 tsp oil

#### Seasonings for glutinous rice:

4 Tbsp salt  
4 tsp sugar  
4 Tbsp oil

#### Marinade for pork belly:

2 tsp five spice powder  
1 1/2 tsp salt  
1 tsp light soy sauce  
white pepper, to taste  
a dash Shaoxing wine



### **Instructions:**

#### For the Bamboo Leaves:

1. Cut the edge of the bamboo leaves and soak them one day ahead overnight until softened.
2. Use a sponge or clean cloth to wipe clean both sides of each leaf.
3. Carefully put the leaves into a large pot. Pour boiling water to cover all the leaves. Add about 1-2 tablespoon oil, a dash of salt, and 1 tablespoon of vinegar. Cook over high heat and bring it to boil. Remove from the heat and keep the lid on until warm.
4. Put a row the leaves in a plastic bag with enough moisture inside so they won't dry out. Put the bag in the refrigerator for the next day.

(Tips: By doing so, the bamboo laves won't break open easily during wrapping.)

#### For the Fillings:

1. Wash and cut the pork belly into chunks, about 3 cm in size. Mix with marinade and refrigerate overnight.
2. Soak mung beans for at least 2 hours or overnight. Drain well and mix with seasonings.
3. Soak the rice for at least 2 hours before you make. Drain well and mix with seasonings.
4. Cut the salted egg yolks in half, set aside.

#### Wrapping Rice Dumplings:

1. Use a leaf to form a cone, and add and slip another underneath the cone.
2. Add the fillings in order of: 1 spoonful of rice, 1/2 spoonful of mung beans, 1 piece of pork belly, 1-2 pieces of salted egg yolk, 1/2 spoonful of mung beans, and 1 spoonful of rice to cover.
3. Add a 3rd leaf around the edge of the cone to make the edge wider.
4. Fold all the leaves (the entire cone) toward the middle, and fold the upper part of the leaves toward the back.
5. Use water grass or any kitchen strings to wrap tightly around the rice dumpling.

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## 廣東鹹肉糰/广东咸肉粽

Prep time: 30 minutes (plus soaking time)

Make time: 60 minutes

Cooking Time: 2 hours

Total Time: 3 1/2 hours

Yield: 16 rice dumplings

### **Instructions:**

6. After finishing wrapping all the rice dumplings, put them into a large pot. Boiling them with the lid on for 2 hours. Switch the bottom rice dumplings to the top after 1 hour.

7. Drain out the rice dumplings and let them cool down. Serve warm.

### Cooking Tips:

- Make sure the bamboo leaves are moist while sitting out because they will dry up.
- Pick the bamboo leaves which are perfect and without any holes.
- Prepare extra bamboo leaves enough as some of them might break when you are wrapping them.
- If the leaves break during wrapping, don't panic. Place another leaf underneath it to prevent any rice and fillings from leaking out.
- Don't tie the rice dumplings too tight, because the rice will expand during cooking.
- If your pot is not big enough, cook them in two batches.

