

BLACK SESAME RICE BALLS





TANG YUAN: BLACK SESAME RICE BALLS IN STAR ANISE SYRUP

Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4

400g glutinous rice flour
100ml boiling water
125ml room temperature water
beetroot powder and ground turmeric

1 cup black sesame paste
1 cup caster sugar
6 star anise
fruit salad, to serve

1 Put the glutinous rice flour in a bowl, add the boiling water, stir well, then add the room temperature water and mix to make a dough. Divide into three pieces, then tint one red with beetroot powder and one yellow with turmeric. Wrap each and set aside for 1 hour.

2 Form the black sesame paste into 12 balls, then freeze until firm. Divide each dough into four pieces. One at a time, flatten each with lightly-floured finger to a 7cm disc. Put a black sesame ball in the centre and wrap to enclose, pinching the edges.

3 Meanwhile, put the caster sugar, star anise and 1½ cups water in a saucepan set over a high heat and boil rapidly for 5 minutes. Boil the dumplings in a large saucepan of rapidly boiling salted water for 5 minutes, then transfer to the syrup, simmer for 5 minutes, then turn the heat off and stand for 5 minutes. Serve with fruit salad.