



EIGHT TREASURE RICE

Eight Treasure Rice (八宝饭) is a traditional Chinese dessert that's rich, sweet, and packed with a variety of ingredients, symbolising good fortune and prosperity. This Eight Treasure Rice recipe is a simplified version of the traditional dish, maintaining its essence while ensuring it's approachable for those new to Chinese cooking.

INGREDIENTS

- 1 cup glutinous rice (also known as sticky rice)
- 1/4 cup sugar
- 1/2 cup mixed dried fruits (such as cherries, raisins, and cranberries)
- 1/4 cup assorted nuts (such as almonds, walnuts, and pine nuts)
- 3 tablespoons candied orange peel, chopped
- 1/4 cup lotus seeds (optional, soaked in water overnight if used)
- 2 tablespoons red bean paste (available at Asian grocery stores)
- 1 tablespoon honey (optional for extra flavour and sweetness)
- Water for soaking and cooking

EQUIPMENT

- A small bowl or mould for shaping
- Steamer

INSTRUCTIONS:

- 1 Rinse the glutinous rice thoroughly under cold water until the water runs clear.
- 2 Soak the rice in water for at least 4 hours, or overnight. This helps the rice cook more evenly and become more pliable.
- 3 Drain the rice and add it to a pot with fresh water. The water level should be just slightly above the rice.
- 4 Bring to a boil, then reduce the heat to low, cover, and simmer until the water is absorbed and the rice is tender, about 20-25 minutes.
- 5 Stir in the sugar while the rice is hot, mixing well until fully dissolved.
- 6 In a separate bowl mix the dried fruits, nuts, and candied orange peel.
- 7 Spoon a layer of cooked rice into the bottom of an oiled mould, pressing down to form a compact layer.
- 8 Add a layer of mixed fruits and nuts, then a layer of red bean paste.
- 9 Cover with another layer of rice, pressing down firmly.
- 10 Steam over medium heat for about 20-30 minutes. The steaming process helps the flavours meld together and the rice to set in shape.
- 11 When cooled, remove from mould, drizzle with honey and serve.

Follows a sequence of steps for making designed solutions such as a recipe.

