



TANG YUAN

Tang Yuan is a Chinese dessert of sweet glutinous rice balls, filled with sweet sesame, peanut, or red bean paste. They are traditionally served in a sweet ginger syrup and are particularly popular during the Lantern Festival as they represent family unity and togetherness.

INGREDIENTS

For the Tang Yuan:

- 2 cups glutinous rice flour
- 3/4 cup warm water (adjust as needed)
- Food coloring (optional, for color variety)

For the Ginger Syrup:

- 4 cups water
- 1/2 cup sugar
- 2-inch piece of ginger, sliced

For the Filling:

- 1/2 cup black sesame seeds (alternatively, use red bean paste or ground peanuts mixed with sugar)
- 1/4 cup sugar
- 3 tablespoons softened unsalted butter

INSTRUCTIONS:

Step 1: Prepare the Filling

1. Toast the sesame seeds in a dry pan over medium heat until they are fragrant. Be careful not to burn them.
2. Grind the toasted sesame seeds in a food processor until fine.
3. Mix the ground sesame seeds with sugar and softened butter to form a paste. Set aside.

Step 2: Make the Dough

1. Place glutinous rice flour in a mixing bowl. If you want to make colored Tang Yuan, divide the flour into separate bowls.
2. Gradually add warm water to the flour, mixing continuously until a dough forms. If using food coloring, add it to the water beforehand.
3. Knead the dough until it is smooth and pliable. If the dough is too dry, add a bit more water; if too sticky, add a little more flour.

Step 3: Form the Tang Yuan

1. Pinch off small pieces of dough and roll them into balls about the size of a small walnut.
2. Flatten each ball in the palm of your hand, and place a small amount of sesame paste in the center.
3. Carefully wrap the dough around the filling, seal it, and roll it back into a ball. Ensure there are no cracks, as the filling may leak out during cooking.

Step 4: Cook the Tang Yuan

1. Bring a large pot of water to boil.
2. Gently drop the Tang Yuan into the boiling water. Cook until they float to the surface and continue to boil for an additional 1-2 minutes.
3. Remove with a slotted spoon and transfer into a bowl of cold water for a few seconds to firm up. Then transfer to serving bowls.

Step 5: Make the Ginger Syrup

1. In a separate pot, combine water and sugar. Add the sliced ginger.
2. Bring to a boil, then simmer for about 10 minutes to let the ginger infuse.

Step 6: Serve

1. Pour the hot ginger syrup over the cooked Tang Yuan.
2. Serve immediately, allowing the warmth of the syrup to complement the sweet filling of the Tang Yuan.

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

