Holiday Celebrations Around You – Dōngzhì

Red Bean Dumplings

Ingredients

Dumplings

- 4 oz glutinous rice flour (sticky rice flour)
- 100 ml water (1/2 cup & 3 Tbsp)
- 3 oz canned sweet red bean paste
- Water for boiling the dumplings

Ginger Syrup

- 3 cups water
- 2-inch fresh ginger. Peeled and lightly crushed with the back of a spoon.
- Rock sugar (to taste).

Instructions

1. Mix the glutinous rice flour with the water in a bowl until it forms a smooth paste and no longer sticks to your hand. Divide the dough and red bean paste into 10 balls each.

2. To wrap the bean paste. Flatten sticky rice balls using your palm and place a red bean ball in the center. Fold the edges to seal tight. Gently roll the dumplings using your palms. Place the dumplings on a piece of parchment paper.

3. For this step, ask an adult for help. Prepare the ginger syrup by bringing the water to a boil. Add the ginger and boil for 10-15 minutes with medium heat. Add rock sugar (to taste) and boil for another 5 minutes. Lower heat to simmer.

4. For this step, ask an adult for help. Cooking the dumplings. Heat up another pot of water and bring to a boil. Drop the dumplings into the boiling water. As soon as they float to the top, transfer them out and into the ginger syrup. Turn off the heat and serve the red bean dumplings hot.

Recipe and image from: https://rasamalaysia.com/red-bean-dumplings-recipe/