



Rose-flavoured Glutinous Rice Balls *(Vegetarian)*

Seah's Family Recipe



 Serving: 3 Pax  Prep Time: 1h  Cook Time: 1h 30 mins

Ingredients

6-10 rose buds
1-2 tbsp fine brown sugar
350g glutinous flour
1 tsp red food colouring
1 tbsp dried longans
1 tbsp red dates
1 tbsp wolfberries

Instructions

1. Add rose buds in 220ml of boiling water and boil for 2 mins, add fine brown sugar and boil until fragrant.
2. Pour the glutinous flour into a mixing bowl and slowly knead in the rose water until the dough achieves a gum-like texture.
3. Separate the glutinous dough into 2 equal portions and add red food colouring into one, keeping the other glutinous dough white.
4. Mix and knead the red glutinous dough to desired colour.
5. Pinch off a small amount of red and white glutinous dough and shape into a ball. Cling wrap the rice balls and place in the freezer for one hour.
6. Add ½ tbsp of dried longans and ½ tbsp of red dates into the remaining rose water.
7. Combine mixture with 500ml of boiling water and simmer for 5 - 10 mins until fragrant.
8. Add in the rice balls gently, continuously stirring with a ladle. Turn off the heat once the rice balls are afloat.
9. Add in the remaining dried longans, red dates and wolfberries. Simmer for 2 mins.
10. Remove the cooked rice balls from the sweet soup and place them in a bowl of ice water to prevent overcooking.
11. Serve the cooled rice balls in the sweet soup.
12. Garnish with rose bud (optional).