

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



STEAMED “NUO MI” (SWEET RICE) CAKE

By Shirley Cheung

Serves 4–5

Ingredients:

- 2 cups glutinous/sweet rice flour
- 1 cup regular rice flour
- 1-pound sweet potato
- 1-pound pumpkin
- 1 ½ cups coconut milk
- 1 cup light red kidney beans
- ½ cup sugar
- ½ cup chopped walnuts
- 1 tablespoon sesame seeds

Instructions

Soak the light red kidney beans for at least 2 hours. Boil until soft, for about one hour. Steam the pumpkin and sweet potato in medium heat for about one hour until soft. Take off skin. Mix cooked kidney beans, pumpkin, and sweet potato with glutinous and regular rice flour, coconut milk, and sugar. Place in 8x8 cake pan and steam the mixture on high for 1 hour. Test cake with a chopstick or toothpick. Top with walnuts and sesame seeds. Traditionally served warm, but can be eaten at room temperature.