

Mango Sticky Rice (Khao Niao Mamuang)

Ingredients

For the sticky rice:

- 250 grams glutinous rice (also known as sweet rice)
- 200 millilitres full-fat coconut milk
- 100 grams caster sugar
- 1/2 teaspoon salt

For the coconut sauce:

- 120 millilitres full-fat coconut milk
- 1 tablespoon caster sugar
- 1/4 teaspoon salt
- 1 teaspoon cornflour mixed with 1 tablespoon of water

For serving:

- 2 large ripe mangoes (Ataulfo or similar sweet varieties work well)
- 1 tablespoon toasted sesame seeds or split mung beans (optional)

Preparation time

- Active time: 25 minutes
- Inactive time (soaking and steaming): 3 hours

Utensils needed

- Large bowl
- Fine-mesh sieve or colander
- Steamer (bamboo or metal) with cheesecloth or muslin
- Small saucepan
- Medium saucepan
- Sharp knife

Preparation instructions

1. **Soak the rice:** Place the glutinous rice in a large bowl and cover it with plenty of cold water. Let it soak for at least 2-3 hours, or preferably overnight.
2. **Steam the rice:** Drain the soaked rice thoroughly. Line your steamer basket with cheesecloth or muslin and spread the drained rice evenly inside. Steam the rice

over simmering water for 20-25 minutes, or until the grains are soft, chewy, and translucent.

3. **Prepare the sweetened coconut milk for the rice:** While the rice is steaming, combine 200ml of coconut milk, 100g of caster sugar, and 1/2 teaspoon of salt in a medium saucepan. Heat gently over a low heat, stirring continuously until the sugar and salt have completely dissolved. Do not let the mixture boil. Keep it warm.
4. **Combine rice and coconut milk:** Once the rice is cooked, transfer it to a heatproof bowl. Pour the warm, sweetened coconut milk mixture over the hot rice. Stir gently to combine, then cover the bowl and let it sit for at least 30 minutes. The rice will absorb the coconut milk and become rich and creamy.
5. **Prepare the topping sauce:** In a small saucepan, combine 120ml of coconut milk, 1 tablespoon of caster sugar, and 1/4 teaspoon of salt. Heat gently. Add the cornflour and water mixture (slurry) and whisk continuously until the sauce thickens slightly. Remove from the heat.
6. **Prepare the mango:** Peel the ripe mangoes and slice the flesh away from the stone. Cut the mango flesh into attractive slices.
7. **Assemble and serve:** To serve, place a portion of the sticky rice onto a plate. Arrange the fresh mango slices alongside the rice. Drizzle a small amount of the thickened coconut sauce over the top of the rice. Garnish with toasted sesame seeds or split mung beans, if using. Serve immediately.

Number of servings

- 4 servings

Nutritional information (per serving)

- Calories: Approximately 550-650 kcal
- Fat: 20-25g
- Carbohydrates: 90-100g
- Protein: 6-8g
- Sugar: 45-55g

(Note: Nutritional information is an estimate and can vary based on the sweetness of the mangoes and the fat content of the coconut milk.)

Allergen information

- This recipe is naturally free from common allergens such as **gluten**, **dairy**, **eggs**, and **nuts**.

- The optional garnish of sesame seeds would make it contain **sesame**. Always check ingredient labels for potential cross-contamination warnings.