

Fried Sesame Ball (芝麻煎堆)

Ingredients


INGREDIENTS (Enough to make 16 sesame balls)

- 140 g (5oz) of glutinous rice flour
- 140 g (5 oz) of coconut milk or water
- 100 g (3.5 oz) of sugar
- 40-60 g (1.4 - 2.1 oz) of glutinous rice flour
- 1.5 tsp of vegetable oil
- 200 grams (7 oz) of lotus paste or red bean paste
- 60 grams (2.1 oz) of raw sesame seeds



5 from 1 vote

Instructions

1. In a saucepot, add 140 grams of coconut milk and 100 grams of sugar. You can switch the coconut milk with water, but I think coconut milk will add some creaminess to the sesame ball. Put on the lid and turn the heat to low. Swirl the pot slightly to dissolve the sugar. We will bring this to a simmer.
2. Slowly pour the coconut milk sugar solution into 140 grams of glutinous rice flour. Use a spatula to stir it while pouring. Soon the rice flour will turn into a thick paste. Add 30-60 grams of glutinous rice flour in batches. Keep an eye on the consistency. Make it into a smooth, nonstick dough. 
3. Add a drizzle of vegetable oil and continue to knead the dough until the oil is absorbed. Wrap the dough with a plastic film and let it rest for 30 minutes.
4. While waiting, we can divide the lotus paste into 16 pieces and shape them into a round, smooth ball. Each of them should be about 12 grams.
5. By now, the glutinous rice flour dough should be done resting. Divide it into 16 even pieces as well. Each of them should be about 25 grams. Roll them into round smooth ball. Cover them so they get dry.
6. Take one portion of the glutinous rice dough. Use your thumb to poke in the middle and shape it into a small little bowl. Put in the lotus paste. Then use your forefinger and your thumb to squeeze it around and push the wrapper up. When you get to the very end, just pinch and close it. Lightly wet your hand with a bit of water and roll the rice ball with both of your hands to get it nice and smooth.
7. Roll the ball in the sesame bowl to catch all the sesame seeds. Then roll it again with both of your hands to press the sesame seeds and make sure they stick the surface otherwise they will fall off while deep drying. Glutinous rice ball is really

sticky once cooked so the sesame seeds here is not only just for flavor, it also prevents the glutinous rice ball from sticking to the bottom of the cookware.

8. Heat the oil to 260 F and fry the sesame balls over medium heat for 12-15 minutes or until golden brown. 260 F is a pretty low temperature. The reason for that is because we want to give enough time to warm up the sesame ball. If the starting temperature is too high, the outside of the glutinous ball will set immediately and create a hard shell that will crack when the inside starts inflating. Then the final result will not come out as pretty.