

Steamed Sweet Rice in Lotus Leaves

Submitted by Sandra Lim

Lor Mai Gai are a Dim Sum classic that alls make good snacks, when steamed, the rice takes on the flavors of the other ingredients and of the Lotus leaves themselves. The packages can be made ahead and frozen, then steamed for 40 minutes.

6 C glutinous rice
8 large lotus leaves

Filling

2 T dried shrimp
4 Dried Chinese mushrooms
2 T oil
12 oz skinned, boneless chicken breasts, cut into $\frac{1}{2}$ cubes
1 garlic clove, crushed
2 Chinese sausages (lap cheong), thinly sliced
2 scallions, thinly sliced
1 T oyster sauce
3 T sugar
3 T low sodium soy sauce
1 t roasted sesame oil
1 T cornstarch
chili sauce

Place the rice in a bowl, cover with 8 cups cold water and allow to soak overnight. Cook in a rice steamer covered with 1 inch water. Cool slightly before using.

Soak the lotus leaves in boiling water for 1 hour, or until softened. Shake dry and cut the leaves in half to give 16 equal pieces.

To make the filling, soak the dried shrimp in boiling water for 1 hour, then drain. Soak the dried mushrooms in boiling water fro 30 minutes, then drain and squeeze out any excess water. Remove and discard the stems and finely chop the caps.

Heat a wok over high heat, add the oil and heat until very hot. Stir-fry the chicken for 2-3 minutes, or until browned. Add the shrimp, mushrooms, garlic, sausage and scallions. Stir-fry for another 1-2 minutes, or until aromatic. Add the oyster sauce, soy sauce, sugar and sesame oil and toss well. combine the cornstarch with $\frac{3}{4}$ cup water, add to the sauce and simmer until thickened.

With wet hands, divide the rice into 24 balls. Place Lotus leaves on a work surface, put a ball of rice in in the center of each leaf and flatten the ball slightly, making a slight indentation in the middle. Spoon one twelfth of the filling onto each rice ball, top with another slightly flattened rice ball and smooth into one ball. Wrap up firmly by folding the leave over to form an envelope.

Place the packages in a steamer. Cover and steam Over simmering water in a wok, reversing the steamers halfway through, for 30 minutes. To serve, open up each leaf and eat straight from the leaf while hot with some chili sauce.

