



Stir-fried Glutinous Rice

Glutinous rice is usually steamed or boiled but, as it is very starchy, these methods of cooking can make it into a rather stodgy food. Stir-frying glutinous rice from its raw state until cooked through, however, makes the rice much lighter and more fragrant in taste.

INGREDIENTS

450g (1lb) white glutinous rice
25g (1oz) dried shrimps, rinsed
10 medium dried Chinese mushrooms, reconstituted in 250ml (8fl oz) water
1 large pork wind-dried Chinese sausage
1 large duck liver wind-dried Chinese sausage
30ml (2tbsp) groundnut or corn oil
5ml (1tsp) salt
4–6 spring onions, cut into small rounds, white and green parts separated
175g (6oz) fatty roast belly pork, diced
15ml (1tbsp) thick soy sauce
small bunch coriander leaves, torn up

SERVES 4–5 as a main course

- 1 Wash the glutinous rice 3–4 times, rubbing with the fingers. Drain, then soak in plenty of cold water for 5–6 hours. Drain just before ready to use.
- 2 Soak the shrimps in just enough boiling water to cover them for about 20 minutes. Drain them, reserving the soaking liquid.
- 3 Drain and squeeze out excess water from the mushrooms but leave damp. Reserve the soaking liquid. Dice the mushrooms.
- 4 Rinse the wind-dried sausages and dice.
- 5 Heat a wok over a high heat until smoke rises. Add the oil and swirl it around. Add the wind-dried sausages and shrimps, and turn and toss for about 1 minute. Then add the mushrooms, continuing to stir-fry for a few seconds.
- 6 Add the glutinous rice and, sliding the wok scoop or metal spatula to the bottom of the wok, turn and toss about 12 times, adjusting the heat if the rice begins to burn. Sprinkle on about 60–90ml (2–3fl oz) shrimp/mushroom water, cover and continue to cook over a medium low heat for 2 minutes. Sprinkle on the same amount of liquid again, fold and turn the rice 5–6 times, then cover once more. Repeat this procedure 4 times, using ordinary water when the shrimp/mushroom water is used up.
- 7 Add the salt, white spring onion and roast belly pork. Flip and turn to mix and repeat the sprinkling of water and simmering another 3–4 times, each time for about 4–5 minutes. The rice should be cooked through by this time but, if not, continue to simmer and add more water if necessary.
- 8 Remove from the heat. Add the soy sauce, green spring onion and coriander leaves. Fold and turn to mix, then remove to a warm serving plate. Serve hot.