



Fried Nian Gao with Yam and Sweet Potato

Overview

Difficulty: Easy

Servings: 6

Preparation Time: 40 mins

Cooking Time: 120 mins

Ingredients

300ml Cooking Oil

2400ml Water

1 Whole Egg (beaten, for egg wash)

3 Pandan Leaves

200g Palm Sugar

200g Sweet Potato

200g Yam

300g White Sugar

400g Glutinous Rice Flour

As Desired Spring Roll Skin

As Needed Banana Leaves (enough to line and wrap moulds)

Methods

Step 1

Blanch banana leaves in 2 litres of water for 3-4 minutes until soft. Pat leaves dry.



Step 2

Fully line and wrap blanched leaves around mould (10cm diameter x 6cm height), secure with thread and trim excess.



Step 3

Cut pandan leaves into strips of about 4cm length.



Step 4

In a pot, bring 400ml of water to boil. Add pandan leaves, white sugar and palm sugar. Mix for about 15 minutes until all sugars are dissolved. Strain syrup.



Step 5

In a clean bowl, add glutinous rice flour. Gradually stir syrup into glutinous rice flour. Mix well with whisk. Strain batter to remove lumps.





Step 6

Pour strained mixture into lined moulds. Take extra care as it is very hot and may bubble. Steam with your Oven in **Steam Mode** for about 90-110 minutes until set.



Step 7

Allow to cool. Unmould Nian Gao. Coat fingers with cooking oil to prevent sticking, and peel off banana leaves gently.





Step 8

Cut Nian Gao into slices of about 1.5cm thickness.



Step 9

Peel and cut yam and sweet potato into slices of about 0.2cm thickness.





Step 10

Brush spring roll skin with egg wash. Sandwich Nian Gao between yam and sweet potato slices. Wrap with spring roll skin.



Step 11

In a medium-sized pot, heat up 300ml of cooking oil. Fry wrapped Nian Gao until golden brown and crispy.





Step 12

Serve and enjoy.

