

## Chi-Ba (Japanese: Mochi) 糯米糍



Serving 份量: 1 dozen 打

### Ingredients 材料:

| <b>Dough 糯米糍皮</b>  |                    |
|--|--------------------|
| Glutinous rice flour 糯米粉   | 250g 克             |
| Coconut cream 椰漿   | 400ml 毫升           |
| Water 水  | 100ml 毫升           |
| Sugar 糖  | 2 tablespoons 湯匙   |
| Remarks 註: The idea is to have 500g liquid. The proportion of coconut cream to water may vary to taste.<br>椰漿與水的比例可按喜好調節, 液體總容量應為 500 毫克。        |                    |
| <b>Filling 餡</b>   |                    |
| Red bean 紅豆  | 100g 克             |
| Sugar 糖  | 2 tablespoons 湯匙   |
| Remarks 註: Add more sugar if you have a sweet tooth. Two tablespoons of sugar just give you a faint taste of sweetness.<br>嗜甜者, 可多加糖。2 湯匙糖只略有甜味。 |                    |
| <b>Dusting 灑料</b>  |                    |
| Icing sugar 糖霜   | 1 – 2 teaspoons 茶匙 |
| Desiccated coconut 椰絲  | 1 bowl 碗           |

### Filling 餡

1. Boil the red beans till they become soft (approx 1 hour). 將紅豆煮稔 (約需 1 小時)。
2. Drain away all water. 隔去水份。
3. Add 2 tablespoons of sugar and stir with low heat until the sugar dissolves completely. 加 2 湯匙糖, 慢火煮至糖溶解。



4. Turn off the heat and leave to cool. 熄火待涼。

Remarks 註:

- The filling should be dry. A bit of moist in the beginning is alright as it will get dryer when it cools down. 紅豆餡需乾身或略帶濕潤,
- The filling should be prepared well beforehand (2-3 hours) to allow sufficient time for it to cool down and the moist to be absorbed by the beans. 應於 2 – 3 小時前準備紅豆餡料, 讓餡料待涼及收水至乾身。

### Dough糯米糍皮

1. Mix glutinous rice flour and 2 tablespoons of sugar in a mixing bowl. Pour the coconut cream and water slowly and mix till smooth. 將 2 湯匙糖加進糯米粉內, 倒入椰漿及水, 攪勻至無粉粒。



2. Put the batter in a microwavable ring mould. Cover the mould with a lid or glad wrap. 將粉漿倒入適用於微波爐的指環形模中, 用保鮮紙或蓋蓋好。



3. Microwave for 8 minutes on high power. To test if the dough is done, you may insert a skewer or toothpick. If done, there should be a sticky layer of dough on the skewer. If the skewer is clean or has watery stuff sticking to it, microwave for a few more minutes. 放入微波爐內, 以高火煮 8 分鐘。可以牙籤插入粉團內測試, 如熟透, 牙籤會沾上粉料, 如牙籤潔淨或附有粉漿, 則須用微波爐多煮數分鐘。  
(Alternatively, you may also put the dough in a steamer with boiling water for 30 minutes. However, you will have to stir it with a wooden spoon every 10 minutes to make sure it is evenly cooked. 亦可用猛火蒸 30 分鐘, 但須每 10 攪動粉漿一次, 使粉團均勻熟透。)
4. When it is done, set aside to cool (5 – 10 minutes). 煮好後, 放涼 5 – 10 分鐘。

Remarks 註: When microwaving or steaming, it is important to cover the dough with a lid or glad wrap. Otherwise, the surface of the dough may harden  
切記放入微波爐煮時必須蓋蓋, 否則粉團表面會硬化。

## **Making the Mochi**製作糯米糍

1. Mix the desiccated coconut and icing sugar in a bowl for dusting.

將椰絲及糖霜攪勻。



2. Cut out 3 pieces of glad wrap and stack them up to form one plastic sheet. (Alternatively you may use plastic gloves. The idea is not to make your hands sticky.)

將 3 片保鮮紙疊起。(主要是防粉團粘手, 故也可用膠手套替代。)



3. Use a rubber spatula (or plastic knife) to divide the dough into 12 equal parts. (The dough is very sticky and a rubber/ plastic cutter is preferred to a metal one.) (You may divide the dough into smaller pieces if you want to make bite size mochis.)

用膠刮棒或膠刀將粉團分成 12 等份。(膠刀較鐵刀為佳, 因鐵刀會粘粉團。)(若要製一口麻糬, 可將粉團分成更多小份。)



4. Place the slice on the plastic sheet and flatten the dough with the rubber spatula. Or place another plastic sheet on top of the slice and flatten it with a rolling pin.

將小粉團放在保鮮紙上, 用膠刮棒壓平。也可再在粉團上另鋪一塊保鮮紙, 用桿麵棍壓平。

5. Put the sheet and the slice in your hand.

將壓平的粉團及保鮮紙同放在掌心。

6. Stuff the slice with a tablespoon of filling, seal it by folding all the sides together, pinching to seal. Smoothen it by rolling it a few times in the palms so that it becomes a round ball.

將紅豆餡放在粉團上, 收邊, 用手搓圓成糯米糍。



7. Dust it in the bowl of desiccated coconut.

Then enjoy.

將糯米糍放入注滿椰絲的碗內，灑上椰絲，隨即品嚐。



8. If you can't finish all, wrap the unconsumed in glad wrap. They will stay soft for 2 days and longer if refrigerated.

剩餘的糯米糍可用保鮮紙個別包好，能保持約 2 天，如放入雪櫃則保存期更長。

Remarks 註:

- You should start making the mochis when the dough is still hot and yet not too hot to be handled. When the dough is cool, it gets less sticky and difficult to shape.  
要趁粉團仍熱(但未至太燙手)時便要開始製作，否則涼了粉團失去粘性，便難成形。
- The mochi tastes best when warm. 暖吃至佳。
- If the mochi gets dry and becomes hard, microwave for 15 – 30 sec.  
如糯米糍變硬，可放入微波爐加熱 15 – 30 秒。

**Website for reference 參考網站:**

<http://starbulletin.com/2002/08/07/features/story1.html>

(You may notice she used red bean paste. Red bean paste is available in can in Asian supermarkets. If you would like to prepare red bean paste yourself, visit this website: <http://www.recipezaar.com/108780>.

此網站使用紅豆沙，可購買罐裝紅豆沙，如要自製，可參考：<http://www.recipezaar.com/108780>。)