

Chinese New Year Fish-shaped Rice Cake 椰汁錦鯉年糕



(Left photo) Glutinous rice cake (left); coconut milk pudding (right)

Ingredients 材料:

Glutinous rice flour 糯米粉	130g 克
Wheat starch 澄麵 (Do not substitute with corn starch)	70g 克
Rice flour 粘米粉	1 tablespoons 湯匙
Sugar 糖	100g 克
Water 水	125ml 毫升
Coconut milk 椰漿	200ml 毫升
Oil 菜油 (Don't use oil with a strong flavour such as peanut or olive oil. 不要用味濃的油如花生油或橄欖油)	1 tablespoon 湯匙

1. Sieve glutinous rice flour, rice flour and wheat starch. Put aside.
將糯米粉、澄麵及粘米粉篩好,置於一旁待用。
2. Dissolve sugar in water in a pot over medium heat.
將水加糖以中火煮溶。
3. Add coconut milk and turn off heat when boiled.
再加椰漿,煮滾後將火熄掉。
4. Add oil to the pot and mix well.
再加油,攪勻。
5. Pour $\frac{1}{3}$ of the hot liquid into the flour. Stir constantly in one direction.
將 $\frac{1}{3}$ 溶液倒入麵粉內,以單一方向攪勻。

6. Gradually add the remaining $\frac{2}{3}$ hot liquid. Keep stirring in the same direction until smooth. (You may also use an electric beater.)
慢慢加入其餘 $\frac{2}{3}$ 溶液,以同一方向攪勻,至無粉粒。(也可用打蛋器。)
7. You should get a batter of a consistency like yogurt.
粉漿濃度應像酸奶。
8. Put about 5 tablespoons of batter into a separate bowl. Add orange colouring and mix well.
取出約五湯匙粉漿,另置一小碗中,加入橙色顏料,攪勻。
9. Use a spoon to apply the orange batter to the tail, dorsal, pectoral and anal fins areas. Add some to the mouth area or the body if you have spare.
用茶匙將橙色粉漿加於魚尾、背鰭及魚鰭部位,如有剩餘的橙色粉漿,可隨意加於魚頭或魚身其他地方。
10. Then slowly pour the white batter to fill up the fish mould.
然後慢慢將所有白色粉漿倒入魚模中,至滿注。
11. Cover with foil when steaming to prevent water condensation on dough surface.
用錫紙蓋好魚模,以防年糕表面(即魚底)積聚冷凝水,破壞質感。
12. Steam for 45 minutes.
隔水蒸 45 分鐘。
13. When cooled down reverse the mould and get the fish out. Insert a red bean into the eye socket to form an eye. Do the same for the other eye. (Alternatively, you may use chocolate chips/buttons.)
放涼後,將魚模倒置,便可輕易取出年糕。在兩邊眼的位置分別插一粒紅豆作眼珠,也可以巧克力豆替代紅豆。