



材料：

番薯餡	
番薯	100克
砂糖	1湯匙
椰絲	2茶匙
糯米粉	230克
熱水	100毫升
清水	100毫升
熟油	1茶匙
糖水	
片糖	100克
清水	280毫升
薑（拍鬆）	1片

做法：

- 1** 番薯餡：
番薯去皮，切厚片，隔水蒸約30分鐘，或至脆，趁熱壓成茸，加入砂糖、椰絲拌勻成餡，分成10至12份，逐份搓圓。
- 2** 取100克糯米粉拌入熱水，和拌勻成半生熟粉漿。
- 3** 加入餘下130克糯米粉，注入清水、熟油，搓成柔軟不黏手麵糰。
- 4** 分成10至12份，逐份搓圓，包入步驟（1）的番薯餡。
- 5** 煮滾一鍋水，放入湯丸用中火煮至浮面，撈起。
- 6** 煮滾糖水料，關火，放入湯丸即可。

要訣：

麵糰如太乾可加一點水，若太濕則可加少許糯米粉。



Glutinous rice dumplings with sweet potato

Elisa Ho

Ingredients :

Filling

Sweet potato	100g
Sugar	1 tbsp
Dried coconut shreds	2 tps

Glutinous rice flour	230g
Hot water	100ml
Water	100ml
Cooking oil	1 tsp

Sweet soup	
Brown sugar slabs	100g
Water	280ml
Ginger, patted	1 slice

Method :

- 1** Filling :
Peel the sweet potato and cut it into thick pieces. Steam for about half an hour, or until tender. Mash before cool. Mix in sugar and coconut shreds. Divide into 10 to 12 even portions. Shape into balls.
- 2** Mix 100g of glutinous rice flour with hot water. Stir until smooth.
- 3** Add the remaining 130g glutinous rice flour immediately. Mix in water and cooking oil. Knead into soft and non-stick dough.
- 4** Divide into 10 to 12 even portions. Shape into balls. Fill in the sweet potato filling from step (1).
- 5** Bring a pot of water to the boil. Put in the dumplings and cook over medium heat until they float. Drain.
- 6** Bring the sweet soup to the boil. Remove from heat. Add dumplings and serve.

Hint :

If the dough is too dry, add extra water. In contrast, add extra glutinous rice flour if it is too wet.