

Tang Yuan Recipe

Black Sesame Filling Ingredients (6 tang yuan)

- 3 tbsp black sesame powder
- 1.5 to 2 tbsp sugar
- 1 tbsp water
- 2 tbsp lard or butter, margarine or coconut oil

Instructions

1. Combine sesame powder with 1.5 to 2 tbsp sugar, 1 tbsp water, and 2 tbsp melted lard (or butter, margarine) to make a slightly running paste. Freezer the paste until solid for at least 1 hour. If you are using coconut oil. Pour the filling mixture into a small ziploc bag and freeze it for 2 to 3 hours. Then remove the frozen filling from the bag and cut it into 6 portions.
2. Make 6 small portions of the sesame paste. Shape them into roughly round balls as quickly as possible (some of the sesame paste might melt in your hand, and you can dust a little bit of flour on your hands before rolling).
3. Line a parchment paper or clear wrap on a small plate and place the filling balls on the plate. Store them in the freezer for 30 more minutes before wrapping.

Red Bean Paste Filling Ingredient (6 tang yuan)

- 4 to 5 tbsp ready-to-use red bean paste

Instructions

1. Line a parchment paper or clear wrap on a small plate.
2. Make 6 small portions of the red bean paste. Line them up on the plate, and leave a little space between each one.
3. Freeze red bean paste for 15 to 20 minutes. Gently roll them into small round balls, 2 to 3 cm. Store them in the freezer for 30 more minutes before wrapping.

Dough Ingredients (12 tang yuan)

- 1 cup of glutinous rice flour
- 1/2 cup of water

Instructions

1. Slowly drizzle 1/2 cup of water on glutinous rice flour in a mixing bowl, stirring flour mixture. Knead the mixture into a smooth dough (a little damp but not sticky). Adjust the water and flour amount if necessary.
2. Take 10% of the dough and cook it in 2 cups of boiling water for 2 minutes until the dough is floating and fully cooked.
3. Combine the cooked dough with the dry dough. Add more flour if the dough gets too sticky. Cover the dough and let it rest for 10 minutes.
4. Make 12 small round doughs, about 3 to 4 cm in diameter. Wrap tang yuan.

Store Extra Tang Yuan

1. Dust a baking sheet with some flour.
2. Line up the freshly wrapped tang yuan. Leave small gaps between each one. Wrap them up with a clear wrap.
3. Put them in the freezer for 2 to 3 hours until they are frozen. Transfer them into a Ziploc bag. Store them in the freezer for up to one month.

Boil Tang Yuan

(5 to 6 pieces, 1 serving)

1. Add 3 cups of water to a soup pot. Bring water to a boil.
2. Add tang yuan one by one to the boiling water. Stir gently with the back of a spoon immediately to avoid sticking.
3. Once the water is boiling again, turn the heat to medium-low.
4. Add 1/4 cup of cold water to the pot and let it simmer uncovered. When the water reaches its third boil, add another 1/4 cup of cold water.
5. When the tang yuan are floating turn off the heat.
6. Serve hot with some cooking water.

Note: If the tang yuan are frozen, do not thaw them before cooking. Add more water and cooking time accordingly.