Mango Sticky Rice (Thai mango dessert)



Ingredients

Sticky coconut milk rice:
♥ 3 dl glutinous rice (see tips)
♥ 2 dl coconut milk
♥ 100 g sugar
♥ 0.5 tsp salt

Thick coconut sauce:
♥ 3.5 dl coconut milk
♥ 100 g sugar
♥ 0.5 tsp salt
♥ 1 tbsp cornstarch

Serving:
♥ 2 large, sweet mangoes
♥ black sesame seeds

Instructions

Start by rinsing and soaking the rice overnight:
Place the rice in a sieve and rinse it well under running, cold water. The rice should be rinsed until the water running through it appears clear.

Put the rinsed rice in a pot and pour in cold water so that the rice is well covered. Place the pot in the refrigerator. Let the rice soak overnight.

The next day, transfer the rice to a sieve and rinse again under running, cold water.

Steaming the rice:
Place a thin and clean kitchen towel in a bamboo steamer. Add the soaked, rinsed rice. Level the surface and make a small well in the middle of the rice. Place the lid on the bamboo steamer so that it is sealed around the rice.

Place the bamboo steamer over a pot with boiling water so that the steam from the hot water rises into the bamboo steamer. Let the rice steam for about 30 minutes.

(See the tips section below if you don't have a bamboo steamer.)

Thin coconut sauce:
While the rice steams, make the thin coconut sauce.

Place coconut milk, sugar, and salt in a small pot. Bring the mixture to a boil so that the sugar dissolves. Keep the sauce warm until the rice is finished steaming.

Sticky coconut milk rice:
Place the steamed rice in a bowl. Pour the warm, thin coconut sauce over the warm rice. Mix well and let the rice soak up the coconut sauce. After about 20 minutes, the coconut sauce should be fully absorbed by the rice.

Thick coconut sauce:
While the rice is absorbing the thin coconut sauce, make the thick coconut sauce for serving.

Place coconut milk, sugar, salt, and cornstarch in a small pot. Bring the mixture to a boil. Let the sauce simmer for a couple of minutes while stirring constantly. You will see the sauce thicken.

Pour the thick coconut sauce into a small serving jug.

Serving:
Spoon some large scoops of the coconut milk rice onto a plate. It's not necessary, but if you like, you can shape the rice into a decorative half-sphere by pressing it into a small bowl and then inverting it onto the plate.

Peel the mango and arrange on the plate next to the rice. The mango can be sliced, diced, or arranged however you wish.

Pour thick coconut sauce over the rice. Serve the rest of the coconut sauce on the side so you can drizzle more sauce as needed. Sprinkle over some black sesame

seeds.

Tips

♥ To make authentic Mango Sticky Rice, you need a special type of Thai sticky rice called *glutinous rice.* Available in Asian grocery stores. This rice is so sticky that it cannot be cooked in water like jasmine rice. Therefore, it should be soaked and then only steamed. The finished rice absorbs the thin coconut sauce and therefore gets the sweet coconut flavor that characterizes the rice in this dessert.

♥ If you can't get glutinous rice, you can use jasmine rice or Italian risotto rice as a last resort, but the consistency will not be the same. In that case, cook rice in the usual way with water and then mix the warm, cooked rice with warm, thin coconut sauce to the desired thickness.

♥ Bamboo steamers are available in kitchenware stores. If you don't have a bamboo steamer, you can instead steam the rice in a sieve. Place the soaked rice in the sieve and set the sieve over a pot of boiling water (but without the rice coming into contact with the water). Lay a kitchen towel or lid over the sieve. Let the rice steam like that for about 30 minutes.

♥ Use regular coconut milk with full fat content. Reduced-fat versions will not give the same consistency to the sauce.

♥ Use yellow Thai or Pakistani mango, and preferably buy a few extras so you have plenty. Mango is the most essential ingredient in this dessert, and it is crucial that you use sweet and ripe mango of super quality.

♥ For a traditional appearance, sprinkle some black sesame seeds over the top of the dessert. Available in most Norwegian grocery stores.

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