

Recipe: Pulut Hitam in a Cup

Dessert

Black glutinous rice with pandan custard.

Preparation time: 20 minutes
 Cooking time – kueh: 40 minutes
 Serves 15 children

Per serving = 50 g

Ingredients (“Pulut” Rice):

- 150 g black glutinous rice, raw
- 3 g salt
- 100 ml trim coconut milk (reduced fat)
- 250 ml water
- 3-4 pieces Pandan leaves, washed & tied in a knot
(Makes 450g cooked “pulut” rice)

(IMPORTANT NOTE: See below tip on cooking of black glutinous rice.)

Ingredients (Pandan Custard):

- 15 pc Pandan leaves
- 50 ml water
- 2 eggs
- 50 g fine white sugar
- 50 ml trim coconut milk (reduced fat)
- 50 ml low fat milk*
- 20 g plain flour
- 5 g corn flour
- 1 teaspoon Pandan essence (optional)

Layer Ratio: Custard:Rice is 20ml:30gm



* Choose products with the Healthier Choice Symbol

Methods

Cooking of “Pulut” Rice (This is to be prepared a day or two ahead)

1. Wash the glutinous rice several times to clear the starch and drain well.
2. Add salt to coconut milk and stir it well.
3. Place the washed rice, coconut milk, water and Pandan leaves in a deep heavy saucepan with a tight-fitted lid.
4. Bring to a vigorous boil over high heat, then reduce heat to maintain a gentle simmer.
5. Cover and cook until the rice is tender (but still a little chewy in the centre) and the liquid is absorbed, 45 to 50 minutes.
6. Remove from heat, keeping it covered and leave it aside for another 10 minutes.



Nutrition Information
(Per serving): 50 g
Energy 67.0 kcal
Protein 1.8 g
Total fat 2.0 g
 Saturated fat 1.1 g
Carbohydrates 10.8 g
 Total Sugar 2.6 g
Dietary fibre 0.7 g
Sodium 77.0 mg
Sugar content is 5.3g/100g

Cost Per Serving: \$ 0.35

7. Remove from saucepan and cool completely before transferring to a zip-lock bag and keep it in the fridge.

Making the “Pulut” rice base

1. Scoop and level 30 g of “pulut” rice each into the aluminium cups, further steam the rice for 10 mins to make the rice mixture moist and softer.
2. Turn off the heat and leave them inside to stay warm while you are preparing the custard.

Making the Pandan Custard

1. Blend Pandan leaves with water and strain mixture to get 50 ml of juice and set aside.
2. Beat the eggs and white sugar in a large bowl.
3. Add coconut milk, low fat milk, pandan juice and mix well.
4. Sieve both flour into the mixture and mix until smooth.

Assembling

1. Preheat the steamer.
2. Pour 20 ml Pandan mixture into each aluminium cup.
3. Wrap each aluminium cup with aluminium foil and steam for about 25 – 30 minutes.
4. The kueh is ready when skewer inserted into centre of top layer comes out clean.
5. Remove the cups and set aside to cool for at least 6 hours before serving.

Tips:

- *The cooked black glutinous rice can be refrigerated for up to 2 days. Remove from fridge and set aside for about 20 – 30 minutes before serving.*
- *If you are storing the kueh in the fridge to serve the next day, let the kueh return to room temperature before serving, so the “pulut” rice will not be too hard.*
- *Use aluminium cups if serving to children as it is easier for them to handle and more hygienic.*