

Black Sesame Dessert

March

黑芝麻糊

Makes 4 servings

1 cup black sesame seeds
2 cups water
2 cups milk or unsweetened almond milk
4 tbsps packed brown sugar or rock sugar
1 tbsps rice flour, dissolved in 3 tbsps water

8 frozen black sesame seed balls *

1. Place a wok or stir-fry pan over medium-high heat until hot. Add sesame seeds and reduce heat to medium. Toast sesame seeds, stirring constantly, until fragrant, about 5 – 10 minutes.
2. Place sesame seeds and water into a high-speed blender **. Blend until very smooth. Add milk and blend to mix.
3. Pour blended mixture into a saucepan set over medium-high heat. Add sugar and bring to a simmer. Taste and adjust sweetness to your liking. Thicken with rice flour slurry.
4. Cook sesame seed balls in a pot of boiling water until balls float to the top. Cook until softened, about 2 more minutes.
5. To serve, divide sesame seed balls equally among 4 individual bowls (2 balls per bowl). Pour sesame-milk mixture over balls. Serve hot.

* Available in Asian markets

** Need to use high speed blender such as Vitamix blender. Or- you can try black sesame seed powder instead of black sesame seeds – no need for blender.

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