



Coconut Milk Sticky Rice with Mangoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

BEVERAGE

DRINK

Ingredients

- 4 peaches ripe sliced
- 8 servings basil
- 0.8 cup brown sugar
- 1 teaspoon salt
- 3 cups coconut milk drained thin
- 2 cups coconut milk fresh canned

Equipment

- bowl

- knife
- pot
- wok
- microwave
- cutting board
- steamer basket

Directions

- Steam the sticky rice until tender (see Editor's Notes, below).
- Meanwhile, place the coconut milk in a heavy pot and heat over medium heat until hot. Do not boil.
- Add the sugar and salt and stir to dissolve completely.
- When the sticky rice is tender, turn it out into a bowl and pour 1 cup of the hot coconut milk over; reserve the rest. Stir to mix the liquid into the rice, then let stand for 20 minutes to an hour to allow the flavors to blend.
- Meanwhile, peel the mangoes. The mango pit is flat and you want to slice the mango flesh off the pit as cleanly as possible. One at a time, lay the mangoes on a narrow side on a cutting board and slice lengthwise about 1/2 inch from the center — your knife should cut just along the flat side of the pit; if it strikes the pit, shift over a fraction of an inch more until you can slice downward. Repeat on the other side of the pit, giving you two hemispherical pieces of mango. (The cook gets to snack on the stray bits of mango still clinging to the pit.)
- Lay each mango half flat and slice thinly crosswise.
- To serve individually, place an oval mound of sticky rice on each dessert plate and place a sliced half-mango decoratively beside it. Top with a sprig of mint or basil if you wish. Or, place the mango slices on a platter and pass it around, together with a serving bowl containing the rice, allowing guests to serve themselves. Stir the remaining sweetened coconut milk thoroughly, transfer to a small serving bowl or cruet, and pass it separately, with a spoon, so guests can spoon on extra as they wish.
- You can substitute black Thai sticky rice for half the white rice. Soak the two rices together; the white rice will turn a beautiful purple as it takes on color from the black rice. Cooking will take 10 minutes longer.
- Unlike plain sticky rice, Coconut Milk Sticky Rice has enough moisture and oils in it that it keeps well for 24 hours, in a covered container in the refrigerator, without drying out. Rewarm

it the next day by steaming or in a microwave.

· For steaming sticky rice, Jeffrey Alford and Naomi Duguid recommend using traditional Southeast Asian conical baskets, which are available at Thai, Lao, and Vietnamese grocery stores, and online from www.templeofthai.com.

Drain rice and place in the conical steamer basket. Set the steamer basket over several inches of boiling water in a large pot or a wok. The rice must not be in or touching the boiling water. Cover and steam for 25 minutes, or until the rice is shiny and tender. Be careful that your pot doesn't run dry during steaming; add more water if necessary, making sure to keep it from touching the rice.

Nutrition Facts

PROTEIN 3.48% **FAT 66.2%** **CARBS 30.32%**

Properties

Glycemic Index:25.91, Glycemic Load:4.92, Inflammation Score:-5, Nutrition Score:10.527826226276%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 415.29kcal (20.76%), Fat: 32.57g (50.11%), Saturated Fat: 28.71g (179.41%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 31.09g (11.31%), Sugar: 28.31g (31.45%), Cholesterol: 0mg (0%), Sodium: 326.31mg (14.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Manganese: 1.28mg (64.16%), Iron: 4.25mg (23.6%), Copper: 0.42mg (21.24%), Magnesium: 70.33mg (17.58%), Phosphorus: 159.8mg (15.98%), Potassium: 469.14mg (13.4%), Vitamin K: 10.61µg (10.1%), Fiber: 2.48g (9.91%), Vitamin B3: 1.64mg (8.21%), Selenium: 5.55µg (7.93%), Vitamin C: 5.96mg (7.23%), Zinc: 1.07mg (7.15%), Vitamin A: 350IU (7%), Folate: 27.53µg (6.88%), Calcium: 48.69mg (4.87%), Vitamin E: 0.65mg (4.36%), Vitamin B5: 0.39mg (3.86%), Vitamin B6: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.53%), Vitamin B2: 0.02mg (1.46%)