



Smoked-Oyster Sticky Rice Stuffing in Lotus Leaf



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



393 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger peeled finely chopped
- ☐ 3 lotus root dried
- ☐ 6 ounce dozens oysters smoked drained coarsely chopped canned (1 cup)
- ☐ 1 ounce pinenuts
- ☐ 0.5 cup rice wine such as shaoxing, or medium-dry sherry chinese
- ☐ 4 links sausage sweet chinese (also called lop chong)
- ☐ 2 bunches spring onion

- ☐ 1 tablespoon sesame oil
- ☐ 12 shiitake mushrooms dried black chinese ()
- ☐ 3 cups short grain rice ("sweet") (1 pound 6 ounces)
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ aluminum foil
- ☐ wok
- ☐ skewers
- ☐ oven mitt




Directions

- ☐ Cover rice generously with cold water in a large bowl and soak at least 2 hours and up to 12 hours.
- ☐ Drain in a medium-mesh sieve and rinse well under cold running water.
- ☐ Soak mushrooms in boiling-hot water (2 cups) in a medium bowl, turning mushrooms over occasionally, until softened, about 1 hour. Lift out mushrooms, squeezing excess liquid back into bowl.
- ☐ Cut out and discard stems, then thinly slice caps. Reserve 1 cup mushroom-soaking liquid and discard remainder.
- ☐ Chop scallions, keeping pale green and white parts separate from dark green parts. Quarter sausages lengthwise, then cut into 1/2-inch pieces.

- ☐ Stir together reserved mushroom-soaking liquid, rice wine, soy sauce, sugar, sesame oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl until sugar has dissolved.
- ☐ Fill sink with hot water and soak 2 or 3 lotus leaves (if using) until softened, about 15 minutes. Pat lotus leaves dry. Choose best leaf (some leaves may be blemished or damaged), discarding remainder.
- ☐ Cut out center stem and arrange leaf in pie plate (there will be a lot of overhang), overlapping leaf slightly to cover gap in center.
- ☐ Heat wok over high heat until a drop of water evaporates instantly.
- ☐ Pour peanut oil down side of wok, then swirl oil, tilting wok to coat side.
- ☐ Add pale-green and white parts of scallion, pine nuts, and ginger and stir-fry until pine nuts are golden, about 1 minute.
- ☐ Add sausage and mushrooms and stir-fry until mushrooms are golden, 2 to 3 minutes.
- ☐ Add oysters and stir-fry 1 minute.
- ☐ Add rice and stir-fry 2 minutes.
- ☐ Add liquid mixture and bring to a boil, then cook, stirring gently, until liquid has been absorbed, about 2 minutes.
- ☐ Transfer rice mixture to pie plate (with or without lotus-leaf-lining) and smooth top. Fold over sides of leaf (if using) to cover, then secure with skewers.
- ☐ Set a steamer rack inside cleaned wok and add enough water to reach just below steamer rack, then bring to a boil. Steam stuffing in pie plate on rack, covered with lid, 45 minutes (replenish water as necessary).
- ☐ Remove wok from heat and let stand, covered, 10 minutes, then carefully remove pie plate from steamer with oven mitts.
- ☐ Remove skewer and open leaf, then stir in scallion greens. Fold leaf over to keep warm.
- ☐ · Stuffing can be made and wrapped in lotus leaf (but not steamed) 1 day ahead and chilled, uncovered, until cool, then covered with a dampened paper towel. · Mushrooms can be soaked 1 day ahead, then chilled in soaking liquid, covered. · Stuffing can be kept warm in steamer or in a 350°F oven; for oven, cover stuffing with a dampened paper towel (still in pie plate), then wrap tightly in foil.

Nutrition Facts



 PROTEIN **8%**  FAT **15.65%**  CARBS **76.35%**

Properties

Glycemic Index:30.26, Glycemic Load:48.15, Inflammation Score:-7, Nutrition Score:17.054782512395%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 393kcal (19.65%), Fat: 6.52g (10.03%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 71.54g (23.85%), Net Carbohydrates: 66.81g (24.29%), Sugar: 1.9g (2.11%), Cholesterol: 1.21mg (0.4%), Sodium: 278.97mg (12.13%), Alcohol: 2.41g (100%), Alcohol %: 1.42% (100%), Protein: 7.5g (14.99%), Manganese: 1.26mg (63.01%), Folate: 187.41µg (46.85%), Vitamin B1: 0.52mg (34.54%), Vitamin C: 20.23mg (24.52%), Copper: 0.48mg (23.88%), Iron: 4.22mg (23.42%), Vitamin B3: 3.88mg (19.42%), Fiber: 4.73g (18.9%), Selenium: 13.06µg (18.66%), Vitamin K: 17.72µg (16.87%), Phosphorus: 151.17mg (15.12%), Vitamin B5: 1.5mg (14.98%), Zinc: 2.24mg (14.92%), Vitamin B6: 0.27mg (13.68%), Magnesium: 43.36mg (10.84%), Potassium: 379.01mg (10.83%), Vitamin B2: 0.17mg (10.16%), Vitamin E: 0.55mg (3.66%), Vitamin B12: 0.19µg (3.17%), Calcium: 31.59mg (3.16%), Vitamin A: 62.16IU (1.24%)