

Recipe: Nonya's Kueh Salat

Dessert

Savour this two tiers of goodness – A sticky mixed brown rice base and a thick layer of pandan custard.

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves 15 children (per serve 50 g)

Makes 15 pieces



Ingredients (“Pulut” Rice):

- 150 g glutinous rice, raw
- 1 teaspoon salt
- 100 ml trim coconut milk (reduced fat)
- 50 ml water
- 3-4 pieces Pandan leaves
(to make total 300g cooked rice)

- 150 g brown rice*, cooked

Total of cooked rice mixture is 450g.

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)

**Nutrition Information
(Per serving): 50 g**

Energy 90.3 kcal

Protein 1.5 g

Total fat 2.1 g

Saturated fat 1.2 g

Carbohydrates 15.7 g

Total Sugar 3.0 g

Dietary fibre 1.3 g

Sodium 127.6 mg

Cost Per Serving: \$ 0.40

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



* Choose products with the Healthier Choice Symbol

Methods

Rice Layer

1. Wash the glutinous rice a couple of times to clear the starch and drain.
2. Add salt to coconut milk and stir it well.
3. In a rice cooker, mix the washed rice with water and coconut milk. Put the Pandan leaves on the top of the mixture and cook.
4. Once the glutinous rice is cooked, remove and immediately mix together with the brown rice.
5. Compress 30 g of rice each into the aluminium cups, further steam the mixed rice for 10 mins to make the rice mixture moist and softer.
6. Turn off the heat and leave them inside to stay warm while you are preparing the custard.

Pandan Custard Layer

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:

- *If you are storing the kueh in the fridge to serve on the next day, let the kueh return to room temperature before serving so the mixed rice will not be too hard.*
- *Use aluminium cups if serving to children as it is easier for them to handle and more hygienic.*