

Lotus Wrapped Sticky Rice

with Field Roast Smoked Apple Sage Sausage

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Yields: 4 servings

Ingredients

- 2 cups glutinous rice
- ½ cup hulled split mung beans (moong dal)
- 2 dried lotus leaves, cut in half from top to bottom
- 4 tablespoons tamari, divided, plus more for serving
- 2 tablespoons shaoxing wine or dry sherry
- 2½ teaspoons toasted sesame oil, divided
- 1 teaspoon Chinese 5 spice powder
- 3 shiitake mushrooms, stemmed and sliced
- 1 whole star anise
- Salt to taste
- 2 Field Roast Plant-Based Smoked Apple Sage Sausages, cut into ¼-inch-thick dice
- Cilantro leaves
- Your favorite chili sauce

1. Soak rice in cool water to cover for at least 4 hours and up to overnight (see notes for a quicker cooking method).
2. Soak mung beans in cool water to cover for 30 minutes.
3. Place lotus leaves on a large rimmed sheet pan. Pour boiling water over until they are completely submerged, weighing the leaves down with a plate if needed. Let soak 1-2 hours or until pliable.
4. Strain soaked rice and transfer to a medium bowl. Stir in 3 tablespoons tamari, wine or sherry, 2 teaspoons sesame oil, and 5-spice powder.
5. Prepare a bamboo steamer or steamer basket by lining it with 3 layers of cheesecloth so the cheesecloth extends up the sides of the steamer and is large enough to cover the rice while cooking.
6. Transfer the rice to the cheesecloth-lined steamer and fold cheesecloth so it completely covers rice. Cover the steamer and steam the rice over boiling water for 20-30 minutes or until tender. Turn off heat and let rice sit, covered, until needed.
7. Swirl mung beans around in their soaking water to loosen the inedible green hulls. Skim the hulls off the top of the water.
8. Strain mung beans, then transfer to a small saucepan. Add 1 cup water, remaining 1 tablespoon tamari, remaining ½ teaspoon sesame oil, mushrooms, and star anise. Simmer, covered, over medium heat for 15-25 minutes or until tender. Season with salt to taste. Strain off any excess liquid and discard star anise.
9. Rinse the soaked lotus leaves and pat dry. On a clean work surface, place the lotus leaf down with the pointy part facing you so the underside of the leaf is facing up. You should have a “V” shaped piece that is double layered.
10. Place 1 cup rice on the leaf and flatten out with a spoon or wet hands making an 8x4” rectangle.
11. Place 2 tablespoons bean and mushroom mixture on one side of the rectangle and top with 1 tablespoon sausage.



12. Fold the bare side of the rice rectangle over and flatten to enclose the filling. The rice should be in a square-ish shape on the wide part of the leaf.
13. Fold the bottom tip of the leaf up over the filling, then fold the right and left sides in and roll the package away from you tightly. Set seam side down and repeat with remaining lotus leaves and filling.
14. Place lotus wraps in a pot fitted with a steamer basket or bamboo steamer. Steam for 15 minutes.
15. To eat, unwrap the rice and discard the leaf. Serve garnished with cilantro, with tamari and chili sauce on the side.

Notes:

If you can't find lotus leaves, this recipe can be made using banana leaves, available frozen at many Asian and Mexican grocery stores. To use banana leaves, remove the central rib, splitting the leaf in two. Wipe the leaf clean with a damp paper towel. Proceed with the recipe, trimming the leaves down to size as needed.

You can also steam the sticky rice in a pressure cooker. Place a trivet or round metal rack in the bottom of the pressure cooker, then add 1 cup water. Place sticky rice in a metal bowl that will fit inside the pressure cooker, and add 1½ cups water and seasonings to the rice. Set the bowl on the trivet and cook on high pressure for 25 minutes. Allow the pressure to release naturally for 7 minutes, then release the remaining pressure.

