

# Yang Family Sticky Rice Recipe

## Prerequisites

This recipe relies on a steamer, which is like a rice cooker, except you have to put water both inside the bowl and outside the bowl. I have no idea how to make this dish without using a steamer.

There are two common sizes of steamers: 6 cups and 10 cups

If you are using a 6 cup steamer, you can use at most 4 cups of sweet rice (because you need room for the other ingredients). If you are using a 10 cup steamer, you can use at most 7 cups of sweet rice. I prefer a 10 cup steamer, but I've done it with a 6 cup steamer many times.

## Ingredients

The ingredient list is very flexible. Quantities supplied are mainly suggestions, and you should modify it to your tastes.

- 4 to 7 cups of sweet rice, limited by the size of your steamer
- Fried shallots - roughly half a package if you buy the smallest available package, which should be a thin bag.
- Dried Shitake mushrooms - I'd say more is better, but at least 5 to 7 mushrooms would be the absolute minimum. When I make 7 cups of sticky rice, I probably use at least a dozen mushrooms.
- 1 slab of pork tenderloin - Anywhere from 0.5 to 1.5 pounds is common. The quantity is really up to you, but for 7 cups of rice, we use a large piece.
- Corn starch
- Whatever else you want - some people like tiny shrimp, some people like nuts. Personally, we don't add anything else.

Marinade:

- For each cup of sweet rice that you are cooking:
  - 1 tablespoon of soy sauce
  - 1 tablespoon of sesame oil
  - 1 tablespoon of rice-based cooking wine

# Directions

Total prep + cooking time is about 2 hours, but most of the active work can be done in 45-60 minutes.

- Soak the mushrooms ahead of time in a bowl of water. You might find it helpful to stick another bowl on top to help keep the mushrooms submerged. The mushrooms must soak at least 20 minutes, and there's no harm in soaking them overnight. If you want to speed things up, use warm water. After soaking, save the mushroom water because you can just add it to the rice tin.
- Wash the sweet rice a couple of times, pour a large cup of water into the outer area of the steamer, fill your rice tin with enough water to barely submerge the rice, stick your rice tin in the steamer, but **do not start the steamer**. Also add the water you used to soak the mushrooms.
- Prepare the marinade in a bowl and set aside.
- Chop up your mushrooms, meat, and whatever else you have into whatever size suits your tastes. I prefer to chop my stuff pretty small so that there is a high likelihood of something other than just rice in every spoonful when you eat. To give you any idea, I will likely chop a single shitake mushroom into at least 9 pieces.
- Pour some corn starch and soy sauce into a bowl, mix it until the corn starch is absorbed, then add the meat. You should just eyeball this based on your own personal experience and the amount of meat that you have. If you are clueless and need a guide, I'd guess (totally a guess) a ratio of 5 spoons of soy sauce for each spoon of corn starch.
- In a large stir-fry pan (12-14 inches is preferred), add some olive oil (perhaps 1-3 tablespoons, but I eyeball it) and stir fry your pork until it is brown. You do not need to fully cook the meat. In fact, you probably don't want to fully cook the meat in this step.
- Add all of the marinade and bring to a boil.
- Add the shallots and stir around until it seems cooked (maybe 30-60 seconds)
- If you have other ingredients other than mushrooms, add them now and cook for however long you deem appropriate
- Add the mushrooms and cook for another 30 seconds
- Turn off the stove, carefully carry your pan over to the steamer and pour all of the contents into your rice tin.
- Using a rice paddle, mix the ingredients evenly with the rice.
- Add just enough water to the rice tin so that your dish is submerged
- Cover the steamer and hit the on switch
- At some point (maybe 30-45 minutes), the steamer will stop. Stir the rice, trying to move the less cooked rice from the middle to the outside. Add more water (perhaps another cup) to the outside only and hit the on switch again.
- When the steamer turns off this second time, your food is mostly or completely done. At this point, you can start eating, skimming from the top and the sides. If any rice in the middle is not fully cooked, you can add a little water and start the steamer one last time.

# History

My mom taught my older brother some time in the 1990's, who then spent some effort to arrive at the recommended proportions for the marinade, which is the key to the dish. My brother then taught me. My parents are both from Taiwan, so it's anybody's guess how many generations back this recipe goes.