

Mango Sticky Rice

Hosted by Vaughn L. Vargus, Sr. Executive Chef, Housing • Dining • Hospitality

Mango Sticky Rice is a classic Thai dessert. Be sure to get “sweet” or “glutinous” rice. The sticky rice can either be steamed, as they do in Thailand, or you can make it in a pot on your stove.

Ingredients

- 1 cup 'sticky rice' OR 'glutinous rice'
- Ripe mango, cut into bite-size pieces
- 4 Tbsp. brown sugar
- 1/4 tsp. salt
- 1 can coconut milk
- Water (for boiling or steaming the rice)

Preparation

1. Soak the rice in 1 cup water for 20-30 minutes.
2. Do not drain the rice. Simply add 3/4 cup (more) water, plus 1/4 can coconut milk, 1/4 tsp. salt, and 1 tbsp. brown sugar. Stir this into the rice.
3. Bring to a gentle boil, then partially cover with a lid (leaving some room for steam to escape). Reduce heat to medium-low (#2.5 on the dial).
4. Simmer in this way for 20 minutes, or until the coconut-water has been absorbed by the rice. Turn off the heat, but leave the pot on the burner with the lid on tight. Allow to sit for 5-10 minutes.
5. To make the coconut sauce, warm (do not boil) the rest of the can of coconut milk over medium-low heat for 5 minutes. Add 3 Tbsp. sugar, stirring to dissolve.
6. Taste-test the sauce for sweetness, adding more sugar if desired.
7. To assemble, place sticky rice in each serving bowl. Top with slices of mango, then pour coconut sauce over the rice and mango.