

## Sticky Rice with Mangos and Berries

Rice and mangos are nourishing to the kidney qi. This recipe, adapted from James McNair's Rice Cookbook (p. 88), makes a simple and yummy dessert. You need to plan ahead to make this one, since the rice should soak overnight. Cooking sticky (sweet or glutinous) rice takes a bit of effort, but is worth it!

1 ½ cups white glutinous (sweet) rice (available in Asian grocery stores. Don't use plain white rice for this recipe!)  
2 ¼ cups water or coconut milk  
1 ⅓ cups coconut milk  
½ cup palm sugar or granulated sugar  
½ tsp. salt  
2 ripe mangos, peeled and sliced  
1 pint fresh ripe strawberries, hulled and halved

Place rice in a bowl. Cover with water, agitate with your hand, pour off the water, and repeat until the water runs clear. Drain completely, and place rice in a bowl. Cover rice with fresh water and soak for 4 hours or overnight. Drain.

Place the drained rice in a pot with 2 ¼ cups water or coconut milk (coconut milk will make this dish much richer). Bring to a boil over high heat, cover, reduce heat to very low, and cook for 15 minutes. Remove from heat and let stand, covered, for 15 additional minutes.

Line a steamer basket or colander with moistened cheesecloth. Spread the rice evenly over the cheesecloth. Place the container over rapidly boiling water (do not let the rice come in contact with the water). Cover tightly and steam until the rice is tender, about 25 minutes. Check to make sure there is enough water in the pot every 10 minutes or so. When the rice is done, remove from the steamer and place it in a large bowl.

In a large sauce pan, combine the coconut milk, sugar, and salt. Stir over medium-high heat until the sugar is dissolved, about 3 minutes. Pour over the cooked rice and stir to combine. Let stand, uncovered, for 30 minutes.

To serve, place a scoop of rice on each plate. Surround with slices of mango and strawberries. Enjoy!