

Water Chestnut Cake



Water chestnut cake is a sweet gelatinous dessert popular in Hong Kong and usually served during a dim sum meal.

Ingredients:

- 1 cup* water chestnut starch (*use a little more than a cup or 250 ml)
- 5 cups water
- 5 bars Chinese brown sugar (brown candy)
- 4 or 5 fresh water chestnuts (peeled and chopped) or canned water chestnut

Step 1: In a pot, combine brown sugar with 3 cups water. Cook over high heat until sugar dissolves. Turn off heat.

Step 2: Dissolve the water chestnut starch with 2 cups water in a stainless steel bowl.

Step 3: Pour the dissolved water chestnut starch into the dissolved brown sugar pot and cook over low heat, stirring continuously until the mixture starts to thicken.

Step 4: When the mixture is like a thick paste, add the chopped water chestnuts to mixture and mix well.

Step 5: Pour the thickened mixture back into the stainless steel bowl and steam for 45 mins.

Step 6: After steaming, the mixture becomes translucent. Scoop into desired dish or jello mold (the cake will conform to the shape of the dish/mold). Let set overnight. Enjoy.