

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 250g)
- 5 cups water
- 6 bars Chinese brown sugar (brown candy)
- 4 or 5 fresh water chestnuts (peeled and chopped)

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

Step 2: Dissolve the water chestnut starch with 2 cups water in a 2nd pot.

Step 3: Pour the boiling sugar water into the 2nd pot and cook over low heat, stirring continuously until the mixture starts to thicken.

Step 4: Add the chopped fresh water chestnuts to mixture and mix well.

Step 5: Pour the thick mixture into a 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.