



Thai Rice Flour Muffin

Thai Rice Flour Muffin (Khanom Tuay Fu) is one of traditional auspicious Thai dessert. They are made with rice flour, scented very gently with rose or other flower water and steamed rather than baked. To cook this you will need foil, paper cups or ceramic cups, the dough mixture is runny and needs to be held in a cup during cooking.

Ingredients (serving size: 10 - 12 pcs.)

Rice Flour	100 g
Steamed Rice	50 g
Sugar	80 g
Water or flower water	140 g
Dried yeast	1 g
Baking powder	2 g
Food coloring (optional)	



Preparation:

1. Sift rice flour, then mix sugar and dry yeast to sifted rice flour.
2. Use blender to blend steamed rice and water until it blends thoroughly. Then pour it into the prepared flour in step 1 and stir until mixed well.
3. Add baking powder and stir until mixed well.
4. At this point you can add food coloring as desired. Or divide the mixture into sections and color each section separately.
5. Stir the mixture well and place in a covered bowl, leave it at temperature 35-38 °C for 2 hours. The mixture should be thick but still fluid.
6. Boil water and steam ceramic cup
7. Fill each cup to just below the top, the mixture will expand during steaming.
8. Place in a Chinese steamer for 15 minutes with high heat.
9. Leave they cold and serve.



Tip: You can check they are cooked by sticking a tooth pick or fork into the center and if it comes out clean, it is cooked inside.

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