

Fried Sesame Rice Balls

**COMMENTS:** I saw this recipe in my Cambodian cookbook and I thought that this might my chance to do these rice balls once and for all. As always, I tweak all recipes that I come across and this one is no exception. The original recipe is a savory one and flavored with curry and ginger. I would also recommend that option but use a milder dip, perhaps yogurt and cucumber (called raita in Indian dishes). There are many recipes online for raitas. Purple yam is available in the U.S. at Asian grocery stores. I purchased a 1-lb frozen yam at Saraga market in Indianapolis. The orange-colored sweet potato can also be substituted. This recipe is gluten-free. It is important that you purchase glutinous rice flour. The regular rice flour is not going to work.

**INGREDIENTS**

Glutinous rice flour (Mochiko brand)  
Sweet potato  
Sugar  
Coconut milk  
Salt  
Water  
Sesame seeds, white or black  
Red bean paste, optional, about 1 tsp per ball

For savory option,  
Reduce sugar to 1 tbsp, add 1 tsp curry powder, 1 tsp ginger powder or ½ chili powder.

**Approximately**

2 cups  
2 cups  
¼ cup 1 tbsp if savory  
½ cup  
1 tsp  
¼ cup (add if coconut milk is thick)

Choose the thicker type; the one I bought was too runny. Or you can scoop them onto a pan and freeze them so that the dough can be wrapped around them easily.

**METHOD:**

1. Defrost purple yam or if using whole yams, boil in water until tender and then drain well. Cool before using. Mash the yam and make sure it is not too runny.
2. Mix rice flour, potato, sugar and salt, with a mixer or wooden spoon.
3. Add coconut milk.
4. Add water if necessary. The dough should be soft but not runny. It should form into a ball (see second picture).
5. Put about 3-inch canola oil in a heavy



pot (cast-iron, preferably). Heat to 330-340°F.

6. While waiting for the oil to heat, form the dough into 1-ounce balls and roll them on sesame seeds. Set aside. It is easier to portion the dough using a 1-1/3 oz cookie scoop.
7. You can also fill the inside with sweet red bean paste. Flatten the dough and put a teaspoon of paste in the middle. Wrap the dough around the paste and roll on the seeds.
8. When the oil is ready, drop several in the pot and cook for about 3 minutes. Check that the balls are not browning too much. Drain on paper towels. Cool before eating.

