



Palitaw (Filipino desserts)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 cup sugar
- 2 cups glutinous rice flour (sold in Asian markets)
- water
- sesame seeds, lightly toasted & fragrant
- Fresh grated coconut

Instructions

Palitaw rolled in grated fresh coconut then sprinkled with a mixture of toasted sesame seeds and sugar

Start by boiling water in a deep skillet, wok or saucepan. In a skillet (or using a seed toaster), toast some sesame seeds until lightly browned. Cool then combine with sugar. Measure the rice flour into a large bowl. Gradually add enough water to the rice flour to make a soft dough. Knead until smooth. Form into oval shapes (about 3.5" x 2") and flatten. Into the boiling water, drop the flattened disks of dough a few at a time. Simmer or poach for a few minutes. A good indication that they're cooked is when the cakes float or come to the surface. Take them out of the water with a slotted spoon and drain by pressing the back of the spoon against a dry clean towel. Coat both sides of the cakes with grated coconut. Sprinkle with the sugar & toasted sesame seeds mixture or serve on the side. Serve with extra grated coconut and sugar.