

SUMAN

Suman, pronounced sue-mahn, is a Filipino dessert made of sweet rice, coconut milk and brown sugar. The sweet rice does not actually come sweet; the bag is labeled "sweet rice." This particular type of rice is extra sticky. I got this recipe from my Filipina friend Nancy. I remember eating suman on Guam and with Nancy in Germany. However, it was not until I went to another Filipina friend's wedding in Hawaii that I actually began to enjoy and appreciate this dessert.

INGREDIENTS

Set 1

2 cups raw sweet glutinous rice kernels

2 cups water

Set 2

1 can thick coconut milk

½ lb. dark brown sugar (half of a 1 lb. box)

Tools: *rice cooker, 8 x 8 baking dish with rim, pan spray, small pot, whisk, large stirring spoon*

DIRECTIONS

Pour raw rice into the rice pot and rinse one time; drain the water.

Pour two cups of water into the pot using the same measuring cup.

Cook rice according to the directions of your rice cooker.

Spray the baking dish with non-stick spray and set aside.

Once the rice is cooked, pour the coconut milk and brown sugar into the small pot.

Heat the mixture on medium heat. Stir with the whisk until the sugar and milk are thoroughly blended, becoming slightly thick.

Preheat your oven to 350 degrees Fahrenheit.

Reserve a ½ cup of the sauce.

Remove the pot of rice from the cooker.

Pour the remaining sauce directly into the cooked glutinous rice and stir.

Empty the mixture into the baking dish.

Pour the reserved sauce over the rice and spread with the spoon.

Place the dish in the oven and bake for 45 minutes.

Remove from the oven and cool on a wire rack.

Cut when completely cooled and serve in baking dish or wrap in banana leaves.

Suman may also be eaten warm with a spoon.

Recipe courtesy Paula Quinene of PaulaQ.com.