

Puto Bumong

Cuisine: South-East Asian

Food category: Desserts



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

1 Steaming Termination by time 00:15 hh:mm 99 °C + 60 %

Ingredients - number of portions - 10

Name	Value	Unit
malagkit rice	250	g
purple long grain rice	250	g
water	2	l
fresh coconut	100	g
brown sugar	60	g
vanilla powder	2	g
fresh coconut	300	g
muscovado sugar	200	g
butter soft	150	ml

Directions

Soak the rice in water for 2 days, then put it in a sieve and let it drain. Then blend into a fine paste in a high-performance blender. Mix the rice paste with the sugar, vanilla and coconut. Thick bamboo tubes:
Pour the seasoned rice porridge lightly into the bamboo tubes, do not press, just pour in lightly, if necessary cover the ends with perforated foil. Then cook in the combi steamer at 99°C in steam mode, 60% fan speed for 10-15 minutes, depending on the thickness of the bamboo tubes. Serve the purple rice cake on a banana leaf and garnish with topping.

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	371.1 kJ
Carbohydrate	55.8 g
Fat	14.4 g
Protein	3.9 g
Water	0 g