

DESTINATION ASIA

Chinese Almond Tea

Served as a dessert or sweet drink after a large dinner or banquet, Chinese almond tea is said to promote good health as well as glowing, supple skin.

Preparation time 3-4 Hours

Cooking time 20 Minutes

Serves 2-3 People

Ingredients

- 100g Chinese sweet almonds (apricot kernels also known as south almonds)
- 40g glutinous rice
- 140g sugar
- 30g rock sugar
- 40g glutinous rice
- 3 cups water

Steps

1. To skin the almonds, blanch them in boiling water for about a minute and then drain in a colander. Rub off the skins with a towel.
2. Wash the glutinous rice and soak in water for 3-4 hours, or according to instructions. While doing this, wash and soak the skinned almonds for 1-2 hours. Drain and discard the water.
3. In a food processor, pulse the rice and almonds until finely ground. Line a colander with muslin or a fine clean cloth and place over a bowl to catch the liquid. Strain as much liquid from the pulp as possible.
4. Pour the liquid into a pot, filling it only halfway. Cook over a medium-low heat until it starts to boil, stirring occasionally. Add more water for a thinner consistency if desired. Add sugar to taste and simmer until dissolved.

Notes / Tips

Best served hot and enjoyed during dry winter months.

A recipe from Destination Asia Hong Kong

