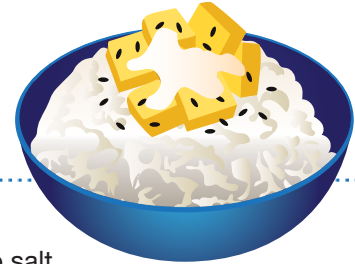




Make Mango Sticky Rice

A great way to learn about other countries is to try their sweet treats. Thailand is rich with tropical fruits, which makes the flavors of mango and coconut favorites in desserts. Use these flavors to make this classic Thai dessert.



INGREDIENTS

- 1 cup sticky rice (also called glutinous rice)
- 14-oz can of coconut milk, full fat, blended well
- 1½ cups water
- 4 tbsp brown sugar
- 1-2 ripe mangos
- ¼ tsp salt
- Toasted sesame seeds, for garnish

INSTRUCTIONS

1 Pour rice in a medium-sized pot and soak it in 1 cup of water at room temperature for 30 minutes. Do not drain.

2 Add an additional ½ cup of water, half of the can of coconut milk, 1 tbsp brown sugar, and salt. Stir well.



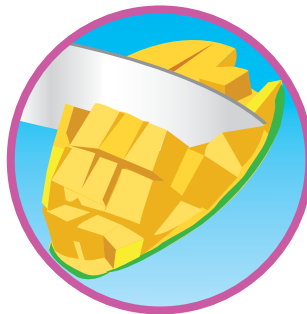
3 Heat the rice mixture, covered, at medium heat until it comes to a gentle boil, then quickly reduce the heat to medium-low.

4 Simmer for 20-30 minutes until the coconut water is absorbed by the rice. Turn off the heat, but keep the pot on the burner with the lid on tight for 5-10 minutes more.



5 In another small pot, warm the rest of the coconut milk over low heat for about 5 minutes. Add 3 tbsp of brown sugar and stir to dissolve. Turn off the heat.

6 Ask an adult to help cube the mango. Cut a large slice of mango avoiding the pit in the center. Then, in the slice, make criss-cross cuts without slicing the skin. Peel back the skin and the fruit cubes will pop up. Carefully slice the cubes off the skin.



7 Scoop the rice into a serving bowl, top with some mango, and drizzle the coconut sauce on top. Make sure the sauce is cool enough to eat. Garnish with toasted sesame seeds and enjoy!