

Tang Yuan Dumplings with Chamomile Spice Syrup



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Consuming Tang Yuan is a celebration of reunion where each family member traditionally enjoys one large dumpling in addition to several smaller ones.

- Sub Category Name
 - Food
 - Main Courses
 - Savory
- Recipe Source Name
 - Tea Inspired Festivities
- Festivities Name
 - Winter Solstice / Dongzhi Festival

Used Teas



t-Series Pure
Chamomile Flowers

Ingredients

Tang Yuan Dumplings with Chamomile Spice Syrup



- 250g glutinous rice flour coloured pink(2 drops of food colouring)
- 250g glutinous rice flour, uncoloured
- 400ml water

Nut Filling

- 3 tbsp crunchy peanut butter
- 3 tbsp sugar
- 1,1/2 tbsp sesame seeds, toasted
- 1,1/2 tbsp shredded coconut, toasted

Ginger Chamomile Spice syrup

- 100g ginger, bruised
- 1 cinnamon stick
- 2 cloves
- 20g Dilmah t-Series Chamomile tea
- 100g rock sugar
- 1.5L of water

Methods and Directions

Tang Yuan Dumplings with Chamomile Spice Syrup

- Combine all the nut filling ingredients (peanut butter, sugar, sesame seeds and coconut) in a bowl and set aside.
- Mix 200ml water with the pink coloured flour until well incorporated and set aside.
- Mix another 200 ml of water with the uncoloured flour and set aside.
- To make the tangyuan, shape the pink dough into even sized balls of 3.5cm.
- Do the same with the uncoloured(white) dough.
- Fill the tang yuan with the nut mixture.
- Lay a ball of pink dough on your palm and flatten it with your thumb.
- Place some of the nut filling in the centre of the dough, then cup the edges to the centre and roll it back into a ball.
- For variety, the uncoloured tang yuan can be filled with red bean paste/chocolate/pumpkin paste (all optional) or left unfilled.
- Bring a pot of water (enough to submerge the dumplings) to boil, then add all the dumplings to cook.
- They are done when they float up to the surface, about 2 minutes.
- Transfer the balls into a large bowl of cold water to arrest the cooking process.
- Meanwhile, combine all the syrup ingredients in a saucepan and bring to a boil.
- The syrup is ready when all the sugar has melted.
- Drain the tang yuan, place in bowls and ladle over with generous portions of syrup.
- Serve warm or chilled.



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