



Tea-Infused Yomari



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Deepak Gurung from Immunity inspired by tea challenge

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Used Teas



t-Series The Original
Earl Grey

Ingredients

Tes-Infused Yomari

- 1 Dilmah's Earl Grey Tea
- 200g Rice Flour
- 30g Wheat Flour
- 200g Chaku (Molasses)
- 4.5 cups Roasted Sesame seeds (ground)
- 5.5 cups Roasted Dry Fruits
- Vegetable Oil, as needed
- 1.5 cups of Lukewarm Water

Methods and Directions

Tes-Infused Yomari

1. First, brew the Earl Grey tea in a cup of hot water and break the molasses into small pieces, so that it can be evenly cooked.
2. Place the molasses in a saucepan and pour in the brewed, hot Earl Grey tea.
3. Heat the pan until the molasses completely melts in the tea.
4. Add the crushed sesame seed, dry fruits and a tablespoon of rice flour into the tea and molasses mixture.
5. Cook on low heat with stirring continuously until the paste becomes gooey (honey-like consistency).
6. To make the Yomari, combine rice flour and wheat flour, and add around one and half cup of lukewarm water.
7. Mix well together and make a dough.
8. Next, run some oil on your hands, take a small portion of dough and make into the shape of a classic Yomari and create a cavity for the filling with your index finger.
9. Fill the Yomari with the prepared filling.
10. Steam the Yomari in a steamer for around 10-15 minutes.