

Palitao

(Rice Patties with Sesame and Coconut)

Ingredients

1 cup sweet rice flour
3 cups water
3 cups fresh coconut
2 cups toasted sesame seeds
2 cups sugar

Directions

In a mixing bowl, combine the sweet rice flour and water to make a smooth dough. With floured hands, shape the dough into small patties, 3 inches in diameter and 1/2 inch thick.

Bring water in a saucepan to a boil and drop in the patties. When they float to the top, scoop them out and coat with grated coconut. Sprinkle with sesame seeds and sugar and serve immediately.

Recipe: The Food of the Philippines by Reynaldo G. Alejandro
(Periplus Editions)

Teachers and Students

Please have the teacher or other adult drop the patties into the boiling water.

The above recipe serves 4. Please recalculate the recipe for a 6 person serving.