

Rice And Shine

Malay for “black sticky rice”, *pulut hitam* is a local dessert that packs a healthy punch.

Pulut hitam

MAKES

4



Purple (G)rain

Black glutinous rice is **unprocessed** and has **more fibre and antioxidants** than white rice. Because the outermost layer of bran is intact, it takes longer to cook. If you prefer a **healthier pulut hitam**, reduce the amount of sugar and use low-fat milk instead of coconut milk.

→ WHAT YOU'LL NEED

- 150g black glutinous rice, washed several times and drained
- 5 cups water
- 4 pandan leaves, tied into a knot
- 100g palm sugar, finely chopped (or brown sugar)
- ½ tsp salt
- 1 cup coconut milk (light or reduced fat)



Black glutinous rice



Palm sugar



Pandan leaves



Salt



Water



Coconut milk

Follow these steps

1. In a pot, add rice, water and pandan leaves. Cover with a lid and bring to boil.



2. Lower heat to simmer for 45–60 minutes, until the rice becomes soft but not mushy. Aim for a porridge-like consistency. Stir occasionally and add water if needed.



TIP! To reduce cooking time, soak rice beforehand for 4–5 hours or overnight.

3. Add sugar to the rice. Stir to combine well.



4. In another pot, mix salt with coconut milk and cook over low heat. Stir well and set aside.



5. Scoop rice into small bowls and drizzle coconut milk on top. It may also be chilled before serving.



The Whole Truth

➤ **Fill at least a quarter** of your child's plate with wholegrains such as brown rice and wholemeal pasta. Like black glutinous rice, they contain fibre, antioxidants and phytochemicals that help reduce the risk of chronic diseases such as heart disease and diabetes, while assisting in weight management.

Find out more at www.healthhub.sg/live-healthy/183/whole_grains_wise_choice