

RunAwayRice

Top 10 Desserts

Most popular desserts and sweet treats



Trang

Top 10 Desserts

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Steamed Banana Cake

Dedication

This cookbook is dedicated to my mom, Kim Lien, who instilled in me a passion for cooking and a deep appreciation of my heritage through food. It is she who taught me how cooking can be a generous extension of love and a truly special way to cherish our loved ones. My mother inspires me each day with her selfless ways, kind spirit, and boundless wisdom. She is my patient mentor, my trusted confidante, and my most enthusiastic supporter. Her love and encouragement underscore everything I do and for all of these reasons, I dedicate my first cookbook to my beloved Mom.

About This Book

Hi! I am Trang, creator of RunAwayRice. My passion for cooking started at a very young age, thanks to my Mom. We spent countless hours in the kitchen together, making traditional dishes she enjoyed growing up in Vietnam. We lived in rural Pennsylvania where the offerings of Asian ingredients, products and even cooking tools were very limited, and so, we had to improvise to recreate many Viet dishes we love. It's from my Mom that I learned how to deconstruct recipes, experiment like a scientist and have lots of fun in the kitchen. I created RunAwayRice in 2012 to share this love for cooking. "RunAway" describes my cooking style. It's a departure from the typical or standard cooking approach. In many of my recipes, I offer a twist -- my take on the recipe, whether it be a different cooking method, technique or even ingredient adaptation. "Rice" is a witty name for myself. At RunAwayRice, I share recipes for many time-honored Asian dishes modernized for today's health-focused eating and busy lifestyle. I've revamped many classic recipes, to make them easier, faster to prepare while still being nutritious and healthy. I strive to deliver all of these things without sacrificing taste or authenticity. I hope you join me on my culinary journey and together we can create *Traditional Asian Dishes with a Modern Twist*. Happy Cooking!

Top 10 Desserts is compilation of the best and most popular RunAwayRice desserts and sweet treats. These recipes are the most viewed, read, shared, commented on, liked and voted most popular by you, my viewers and readers. In creating this book, I reviewed every single recipe -- consolidated and condensed many recipes and included new photographs to make this cookbook truly unique. In addition to full recipes, I also included clickable links to my video tutorials. **Top 10 Desserts** is concise, super-easy to follow and the ultimate guide for dessert lovers.

Sesame Balls (Banh Cam)

Mung bean coconut filling is wrapped in sesame seed-rolled dough and deep-fried to golden perfection to make this puffy, delicious sweet treat.

Filling

- 1 cup peeled split mung bean
- 1 ½ cups water
- ½ tsp salt
- 3 Tbsp sugar
- 3 Tbsp water
- 1 tsp vegetable oil
- ¼ tsp vanilla extract
- ¼ cup coconut flakes

Dough

- ½ cup sugar
- 1 cup boiling water
- ½ cup potato flakes
- 2 cups glutinous rice flour
- 1 Tbsp rice flour
- 1 ¼ tsp baking powder
- 1 Tbsp vegetable oil

Other

- ½ cup white (raw) sesame seeds
- 3 cups vegetable oil

Makes 12 balls

Step-by-Step Videos

Making the Filling

Making the Dough



1. To make the filling: Rinse the mung bean several times with water until the water is mostly clear. Cover the beans with water and let soak for at least 4 hours. Rinse once more and drain well. Transfer the beans into a rice cooker along with the 1 ½ cups water and salt. Use a spatula to spread the beans into an even layer. Set the rice cooker to 'Cook' and close the lid. When the cooker switches to 'Keep Warm', unplug from the wall outlet. Using a paddle spoon, mash the beans until creamy. Close the lid and let cook for another 10 minutes using the residual heat. In a large skillet over

Medium Low heat, add the mashed mung bean, sugar, 3 Tbsp water, oil and vanilla extract. Mix together forming a thick paste. Continue stirring while cooking the filling. After 3-4 minutes the filling dries and has the consistency of a thick dough. Turn off the heat, add the coconut flakes and combine well. When the filling is cool enough to handle, roll into 12 equal-sized balls.

2. To make the dough: In a measuring cup, combine the sugar with ½ cup boiling water to make a simple syrup. In a large bowl, add the remaining ½ cup boiling water and potato flakes. Stir to make thick and creamy mashed potatoes. Add the glutinous rice flour, rice flour, baking powder, oil and the simple syrup. Mix together, working in the dry flour, until a soft dough forms. Knead the dough gently for a few minutes. (The dough should be soft and smooth, not cracked or sticky.) Cover the dough with plastic wrap and allow to rest for 1 hour.

3. To make the balls: Roll the dough into a 12-inch log and then cut into 12 equal-sized sections. Take one dough section and flatten into a 3-inch circle. Flatten the edges of the dough so it's slightly thinner than the middle. Place a filling ball in the center. Wrap the dough around the ball pinching together the ends and sealing the filling completely. Roll between your palms to form a smooth ball. Roll the ball in sesame seeds covering the dough completely. Gently roll the ball between your palms pressing the sesame seeds into the dough. Continue with these steps until all 12 balls are made.

4. To fry the balls: Over Medium heat, heat the oil until the temperature is 315° F. Turn down the heat slightly to Medium Low. Carefully drop the sesame balls into the hot oil. Cook for 1 minute and then rotate the balls. After 3 minutes, the balls should float to the top. Fry the balls for another 5-7 minutes rotating in the oil so they brown evenly. When they are golden brown, remove and place on paper towels. Enjoy while warm!

Tips

- ▶ The mung bean filling can be made the day before and then refrigerated.
- ▶ If the dough is too dry or wet, add water or glutinous rice flour, 1 Tbsp at a time and knead together.
- ▶ Use a digital thermometer to help monitor the oil temperature.

Three Color Dessert (Che Ba Mau)

Vibrant layers of bean, jelly and ice are beautifully arranged to make a delightfully textured dessert that is cool and refreshing.



Tips

- ▶ Be sure to dissolve the agar agar powder completely to activate the gelling properties.
- ▶ Make the jelly at least 2-inches thick for easy grating.
- ▶ Use a cheese grater or a knife to cut the jelly into thin slivers instead of a mandoline.

Pandan Jelly

- 3 ½ cups water
- 1 ½ Tbsp agar agar powder
- ½ cup sugar
- ¼ tsp Pandan paste

Mung Bean Paste

- 1 cup mashed mung bean *
- 3 Tbsp sugar

Sweet Red Beans

- 15 oz can red beans
- 1 ½ cups water
- ¾ cup sugar

Coconut Sauce

- 1/2 cup coconut milk
- 1 ½ Tbsp sugar
- ¾ tsp tapioca starch
- pinch of salt

Other

- 4 cups crushed ice

Makes 4 servings

** See Sesame Balls recipe for how to make the mashed mung bean.*

Step-by-Step Video

Three Color Dessert

- 1.To make the Pandan jelly:** In a medium saucepan, add the water and sprinkle in the agar agar powder. Whisk together blending the powder and water. (The powder won't dissolve completely until it's heated.) Let the mixture rest for 15 minutes. Heat the mixture over Medium heat stirring constantly. As soon as it starts to bubble, add the sugar and turn off the heat. Continue stirring until the sugar is dissolved, approximately 2-3 minutes. Skim off the foam using a sieve or spoon and discard. Add the Pandan paste and combine well. Pour the jelly mixture into a 7 x 4-inch dish. Use a spoon to skim off the bubbles from the top of the jelly. Allow to cool on the counter for 1 hour. Refrigerate for 4 hours until firm. After the jelly is set, run a knife around the edge of the dish. Cut the jelly into bars, approximately 1 ½ to 2-inches wide. Grate into strands using a mandoline.
- 2.To make the mung bean paste:** In a small bowl, add the mashed mung bean* and sugar. Combine until the mung bean is smooth and creamy.
- 3.To make the sweet red beans:** Pour the red beans into a colander and rinse several times with cool water, washing away the canning liquid and salt. Drain and place into a medium bowl. In a small saucepan, heat the water until it boils. Add the sugar and stir until dissolved, approximately 2-3 minutes. Add the syrup to the red beans and mix well.
- 4.To make the coconut sauce:** In a small saucepan over Medium heat, whisk together all ingredients combining well. Continue stirring as the sauce warms. Once the sauce starts to bubble, turn off the heat and continue stirring for another minute.
- 5.To assemble the dessert:** Add ½ cup crushed ice into a clear glass or dessert dish. Layer 2-3 heaping Tbsp sweet red beans, 1-2 Tbsp mung bean paste and 2-3 heaping Tbsp Pandan jelly. Add another ½ cup crushed ice. Top the dessert with a heaping spoon of coconut sauce. Enjoy while cold!

Steamed Rice Cakes (Banh Bo Hap)

These colorful sweet cakes are wonderfully spongy and fluffy. With just the right amount of sweetness, these tasty snack cakes are just as much fun to play with as they are to eat!

- 1. To make the flour mixture:** Warm $\frac{1}{2}$ cup water to approximately 100° F. Add the active dry yeast and 1 tsp sugar and stir together. Let the mixture rest for 10 minutes until frothy. In a large bowl, add the rice flour, tapioca starch and 2 cups water. Whisk together until the mixture is smooth and free of lumps. Add the frothy yeast mixture to the flour mixture and combine well. Cover the bowl with plastic wrap and allow to rest on the counter for 2 hours.
- 2. To make the coconut milk mixture:** In a large measuring cup or bowl, combine the 1 $\frac{1}{2}$ cups sugar, vanilla sugar, coconut milk and 1 cup water. Whisk together until the sugar is dissolved. Microwave the liquid on High for 1 minute. Let the liquid cool until the temperature is approximately 100° F.
- 3. To make and color the batter:** Pour the coconut milk mixture into the flour mixture and whisk together combining well. Strain the batter. Pour the batter into 4 separate bowls, approximately 1 $\frac{3}{4}$ cups each. Add one food color to each batch and combine well. Let the batter rest for 30 minutes.



- 4. To steam the cakes:** Fill a steamer basin three-quarters full with water. Cover and bring to a rapid boil over High heat. Lightly oil each cup in the mini-muffin pan. Place the empty muffin pan into the steamer tray and steam for 1 minute. Stir the batter a few times and then pour the batter into the muffin cups filling each cup two-thirds full. Cover and steam for 3 minutes. Remove the lid and wipe off the moisture. Cover and steam for another 3 minutes. Remove the pan from the steamer. Allow to cool for 5 minutes before removing cakes from the pan. Enjoy as finger food!

Tips

- ▶ Place batter in oven with oven light on to create a warm environment for the yeast to grow.
- ▶ Wrap a large kitchen towel around the steamer lid to absorb the moisture instead of constantly wiping the lid.
- ▶ Stir the batter each time before pouring into muffin cups to eliminate any settling.



Batter

- 3 $\frac{1}{2}$ cups water
- 2 tsp active dry yeast
- 1 tsp sugar
- 3 $\frac{3}{4}$ cups (1 lb) rice flour
- $\frac{1}{3}$ cup tapioca starch
- 1 $\frac{1}{2}$ cups sugar
- 2 tsp vanilla sugar
- 1 $\frac{3}{4}$ cups coconut milk

Other

- green, pink and yellow food coloring
- $\frac{1}{4}$ cup vegetable oil

Makes 5 dozen cakes

Step-by-Step Video

Steamed Rice Cakes

Pandan Waffles (Banh Kep La Dua)

Golden waffles are infused with rich coconut milk and Pandan leaf fragrance in this easy recipe. Crispy on the outside and slightly chewy on the inside, they are anything but ordinary.



Batter

2 Tbsp butter
1 ½ cups rice flour
½ cup tapioca starch
½ cup all-purpose flour
1 Tbsp baking powder
¼ tsp salt

2 large eggs
½ cup sugar
1 ½ cups coconut milk
¾ tsp Pandan paste

Makes 5 waffles

1. To make the batter: Melt the butter in the microwave on Low power, approximately 30-45 seconds. Stir to combine and allow to cool. In a medium bowl, prepare the dry ingredients by sifting together the rice flour, tapioca starch, all-purpose flour, baking powder and salt. In a large bowl, add the eggs and sugar. Whisk together until mostly combined. Add the coconut milk, melted butter and Pandan paste. Whisk the wet ingredients together, combining well. Add half of the dry ingredients to the wet ingredients and combine until mostly incorporated. Add the remaining dry ingredients and continue whisking. Mix gently breaking up the bigger lumps. (The batter does not need to be completely smooth and small lumps are ok.) Let the batter rest for 15 minutes.

2. To cook the waffles: Set the waffle maker to the desired color/doneness setting and heat until hot. Pour ⅔ cup batter into the waffle maker. Using a spatula or spoon, spread out the batter covering the peaks of the waffle maker. Close the lid and cook until the waffle is golden, 3-5 minutes depending on the desired color/doneness. Use a bamboo skewer to lift a small section of the waffle and then use tongs to remove and transfer to a wire cooling rack. Continue making the waffles until all the batter is used. Enjoy while warm!



Tips

- ▶ Over-mixing the batter yields a tough waffle.
- ▶ Cook the waffle until there's no more steam rising from the waffle maker.
- ▶ If serving all at once, keep the waffles warm in an oven set at 250° F.

Step-by-Step Video

Pandan Waffles

Cotton Cheesecake (Japanese Cotton Cheesecake)

If you're a fan of sponge cake and cheesecake, you will love this recipe. Light spongy cake is combined with silky chilled cheesecake to make a truly luscious and stunning dessert.

- 1. To prepare the pans and oven:** Line the bottom and sides of a 8-inch springform pan with parchment paper. Wrap the lower portion of the pan with several sheets of foil, sealing it completely. Fill a large baking pan halfway with water. Place the water bath in the oven on the lowest rack. Preheat the oven to 315° F.
- 2. To make the batter:** Separate the eggs and place the egg whites into a mixing bowl and the yolks into a measuring cup. Beat the egg whites on Low speed for 30 seconds. Increase the speed to Medium Low and beat for another 30 seconds or until foamy. Add the cream of tartar. Increase the speed to Medium High and beat until the egg whites just start to thicken. Add ¼ cup sugar gradually. Continue whipping the egg whites until they reach the soft peaks stage, approximately 3 minutes using a stand mixer. In a separate bowl, add the cream cheese and milk. Mix on Low speed until creamy and smooth, approximately 2-3 minutes. Add the butter, remaining ¼ cup sugar and lemon juice and beat for 1 minute. Add the flour and cornstarch and mix for another minute. Finally add the egg yolks and mix for 1 more minute. Strain the batter using a sieve. Add one-third of the whipped egg whites and gently fold into the batter until mostly incorporated. Add another third and gently fold. Add the remaining egg whites and gently fold. Pour the batter into the lined springform pan. Spread the batter evenly into the pan and smooth out the top using a spatula. Holding the sides of the pan, gently lift and drop the pan on the counter 6 times to remove any big air bubbles.
- 3. To bake the cake:** Place the springform pan into the water bath and bake for 1 hour and 10 minutes. Check the cake for doneness by inserting a toothpick into the center of the cake and it should come out clean. Bake the cake for an additional 10-15 minutes to brown up the top. Turn off oven, open the oven door slightly (about 2-3 inches) and let the cake cool in the oven for 1 hour.
- 4. To chill the cake:** Remove the cake from the springform pan. Place on a plate and refrigerate for at least 4 hours.
- 5. To serve:** Serve the chilled cake with fresh fruit, fruit puree, chocolate sauce, whipped cream, etc. Enjoy!



Cake

- 5 large eggs, at room temperature
- ¼ tsp cream of tartar
- ½ cup sugar
- 8 oz cream cheese, at room temperature
- ½ cup milk
- ¼ cup unsalted butter, at room temperature
- 1 Tbsp lemon juice
- ¼ cup all-purpose flour
- 2 Tbsp cornstarch

Makes 8 servings

Tips

- ▶ Eggs are easiest to separate when cold.
- ▶ Egg whites are best beaten at room temperature to achieve the fluffiest texture.
- ▶ Be sure to fold the egg whites into the batter. Do not beat or mix vigorously as this will deflate the egg whites.

Step-by-Step Video

Cotton Cheesecake

Steamed Banana Cake (Banh Chuoi Hap)

Ripe plantains adds subtle sweetness and appealing texture to this scrumptious steamed cake. This is one dessert that will leave your guests asking for more.

1. To make the batter: In a large bowl, add the tapioca starch, rice flour, sugar, vanilla sugar, salt, warm water and food coloring. Whisk together combining all the ingredients well. Cut off the ends and remove the skins for 3 plantains. Cut each plantain into 4 equal pieces. Using a plate, press down firmly on a plantain piece, smashing it flat. Transfer the smashed plantain into the batter. Repeat until all plantain sections are smashed and transferred into the batter. Stir several times to cover the plantains with batter. Let rest for 30 minutes.

2. To make the topping: Cut off the ends of the remaining plantain and remove the skin. Cut the plantain at a slight angle into slices about ¼ inch thick.

3. To assemble the cake: Generously coat two 9-inch round pans with non-stick cooking spray. Using a slotted spoon, transfer the plantains into the pans, dividing them evenly. Stir the batter a few times to remove any settling. Pour the batter into the pans, dividing it evenly between the two pans. Top the cakes with the plantain slices.

4. To steam the cakes: Fill a steamer basin two-thirds full with water and bring to a rapid boil. Reduce the heat to Low. Place both cake pans into the steamer trays and steam for 20 minutes. Remove pans from the steamer and allow to cool for 1 hour.

5. To make the coconut sauce: Soak the tapioca pearls in warm water for 5 minutes and then drain discarding the water. Combine the rice flour with 1 Tbsp water and stir until smooth. In a saucepan, add the coconut milk, sugar, salt, water and rice flour mixture. Stir until the sugar is dissolved. Add the tapioca pearls and gently combine. Cook the sauce over Medium Low stirring every minute. As soon as the sauce starts to bubble, reduce the heat to Low. Cook for another 8 minutes making sure to stir every minute. Turn off the heat and allow to cool.

6. To serve: Cut the cakes into small pieces and arrange on a dessert plate. Top with a generous amount of the creamy coconut sauce and crushed roasted peanuts. Enjoy!

Tips

- ▶ Most bananas can be substituted for plantains in this recipe.
- ▶ Avoid over-steaming which causes the cakes to swell and then deflate once cooled.
- ▶ Wipe down the steamer lid every 10 minutes to minimize water dripping onto the cake. Alternatively, wrap a kitchen towel around the lid.

Cake

1 ½ cups tapioca starch
½ cup rice flour
½ cup sugar
2 tsp vanilla sugar
¼ tsp salt
1 ½ cups warm water
3-4 drops yellow food coloring
4 ripe plantains, approximately 2 lbs
non-stick cooking spray

Coconut Sauce

3 Tbsp tapioca pearls + ½ cup warm water
2 tsp rice flour + 1 Tbsp water
1 ¾ cups coconut milk
¼ cup sugar
¼ tsp salt
¾ cup water
½ cup crushed roasted peanuts

Makes 8-10 servings



[Step-by-Step Video](#) **Steamed Banana Cake**

Honeycomb Cake (Banh Bo Nuong)

Cutting across this verdant cake reveals little pockets resembling a bee's honeycomb. Truly eye-catching and unique, this fluffy and chewy cake is sure to become everyone's favorite.



Step-by-Step Video

Honeycomb Cake

Tips

- ▶ For a sweeter cake, use 1 cup sugar.
- ▶ After adding the baking powder, work quickly to get the cake into the oven. Do not let the batter rest for too long.
- ▶ To minimize shrinkage, the cake can be left in the oven to cool gradually.

Cake

- | | |
|-----------------------|---|
| ¾ cup coconut milk | 6 extra-large eggs, at room temperature |
| ¼ cup water | 2 tsp canola oil |
| ¾ cup sugar | 1 tsp vanilla extract |
| 2 cups tapioca starch | 1 tsp Pandan paste |
| 2 tsp rice flour | non-stick cooking spray |
| 2 tsp cream of tartar | |
| 1 tsp baking soda | |

Makes 8 servings

- 1.To prepare the pan and oven:** Preheat the oven to 325° F. Place a 9-inch springform pan inside the oven.
- 2.To make the coconut syrup:** In a small saucepan over Low heat, add the coconut milk, water and sugar. Stir until dissolved. Remove from the heat and allow to cool.
- 3.To prepare the flour mixture:** In a medium bowl, sift together the tapioca starch and rice flour.
- 4.To make the single-acting baking powder:** In a small bowl, combine the cream of tartar and baking soda.
- 5.To make the batter:** In a large bowl, add the eggs, oil, and vanilla extract. Pierce the eggs yolks with a knife. Gently whisk everything together for 1 minute. Do not introduce air into the egg mixture by whipping the eggs. Add the coconut syrup to the egg mixture and mix together gently. Add half of the flour mixture and mix together until mostly combined. Add the remaining flour mixture and continue whisking gently. The batter is lumpy at first but continue mixing slowly, approximately 2-3 minutes to dissolve the lumps. Add the Pandan paste and blend well. (There may be some small lumps in the batter and this is common.) Add the single-acting baking powder and combine until smooth, approximately 2 minutes. (The batter should become foamy as it reacts with the baking powder in this step.)
- 6.To bake the cake:** Remove the hot baking pan from the oven and spray lightly with non-stick cooking spray. Strain the batter into the pan. Use a whisk to work through any remaining lumps in the strainer. Bake the cake for 30-35 minutes. Check for doneness by inserting a toothpick into the center and it should come out clean. Remove from oven and allow to cool.
- 7.To serve:** Cut into thin slices or bite-sized pieces. Enjoy!

Coffee and Cream Agar Jelly (Thach Ca Phe)

This refreshing chilled dessert is a perfect union of coffee and cream. The agar agar adds a unique “crunchy” appeal that will scintillate your mouth.

Jelly Base

2 Tbsp agar agar powder
5 ¼ cups water
1 cup sugar

Coffee Layer

4 tsp instant coffee
¼ cup hot water
¾ cup cold water

Cream Layer

¼ cup half-and-half
3 heaping Tbsp coconut cream
½ cup cold water

Ice Bath

4 cups ice
2 cups cold water

Makes 12 servings

Tips

- ▶ Agar agar must be brought to a boil to activate the gelling properties.
- ▶ Stir the jelly mixture to remove any lumps prior to making each layer.
- ▶ When waiting for a layer to set, do not let it rest too long. The layers need to be slightly tacky to adhere to each other.

Step-by-Step Video

Coffee and Cream Agar Jelly

- 1. To prepare the jelly, coffee and cream:** Add 5 ¼ cups water into a medium saucepan. Sprinkle in the agar agar powder and whisk together. Allow to rest for 15 minutes. Mix instant coffee with ¼ cup hot water. Stir to dissolve. Add ¾ cup cold water to make 1 cup coffee. Combine the half-and-half and the coconut cream. Add ½ cup cold water to make 1 cup cream mixture.
- 2. To make the jelly mixtures:** Heat the agar agar powder and water over Medium heat stirring constantly to dissolve. As soon as the mixture starts to bubble, add the sugar and stir until dissolved. Use a fine sieve to skim the foam from the top and discard. Turn the heat down to Low. Pour 2 ½ cups jelly mixture into a second, smaller saucepan. To the first saucepan, add the coffee and stir well. Add the cream mixture to the second saucepan and stir together. Let the coffee and cream mixtures continue to simmer over Low heat while proceeding with the next steps.
- 3. To make the layers:** Place a 9 x 7-inch dish inside a 13 x 9-inch pan and add ice so it surrounds the dish. Pour 2 cups cold water into the outer pan filling it three-quarters full. Stir the coffee jelly mixture. Measure out 1 cup coffee jelly mixture and pour into the dish. Allow to set until it's solid but still tacky to the touch, approximately 3 minutes. Stir the cream jelly mixture and measure out 1 cup. Using a large spoon, gently spoon the mixture on top of the coffee layer. Avoid pouring the jelly directly into the dish as this could cause the existing layer to break. Optionally, gently pour the liquid over the back of a spoon and allow it to drizzle into the dish. Allow to set until solid but still tacky to the touch, approximately 3 minutes. Continue making the layers until all 7 layers are made, 4 layers of coffee and 3 layers of cream.
- 4. To chill the dessert:** Once the final layer sets, put the dish in the refrigerator and chill for 4 hours.
- 5. To serve:** Cut into thin slices or chunks and enjoy as finger food.



Steamed Layer Cake (Banh Da Lon)

Vivid bands of green and yellow give this cake its signature look. Perfectly delectable and simply addicting, these snack cakes can be made ahead and available when you're craving a little sweet treat.

Yellow Layer

- ½ cup peeled split mung bean
- ⅛ tsp salt
- 1 ¾ cups water
- ¾ cup tapioca starch
- 2 Tbsp rice flour
- ¾ cup sugar
- ½ cup coconut milk
- 2 drops yellow food coloring

Green Layer

- 1 ½ cups tapioca starch
- ¼ cup rice flour
- ¾ cup sugar
- 2 cups water
- ¼ tsp Pandan paste

Other

- ¼ tsp vegetable oil

Makes 8-10 servings

Tips

- ▶ **Maintain a gentle but constant level of steam when cooking the cakes. Too much steam could cause the the layers to bubble.**
- ▶ **Check to see if a layer is done by lightly touching the cake with the back of a spoon. If no batter sticks to the spoon, the cake is ready for the next layer.**

Step-by-Step Video

Steamed Layer Cake

1. To make the yellow batter: Rinse the mung bean several times with water until the water is mostly clear. Cover the beans with hot water and let soak for 2 hours. Rinse once more and drain well. Transfer the beans into a saucepan along with the salt and 1 ¾ cups water. Bring to a boil over High heat. Stir and then reduce the heat to Low. Skim off the foam and discard. Cook the beans until the liquid is completely absorbed, approximately 15 minutes. Remove from the heat and let cool. Add the cooked mung beans, tapioca starch, rice flour, sugar, coconut milk, and food coloring into a blender. Mix on High for 30-45 seconds or until smooth. Measure out 18 oz yellow batter and set aside for now. (If less, add water to total 18 oz or 2 ¼ cups.)

2. To make the green batter: Combine tapioca starch, rice flour and sugar in a large measuring cup. Add 2 cups water and stir until the mixture is smooth. Add the Pandan paste and mix well. This yields 24 oz or 3 cups. (If less, add water to total 24 oz.)

3. To prepare the cake pan and steamer: Using a paper towel, coat a 9-inch round cake pan with a thin layer of vegetable oil. Fill a steamer basin halfway with water and then bring to a boil over High heat. Reduce the heat to Low. Place the empty cake pan into the steamer and steam for 2 minutes.

4. To steam the cake: Layer 1: Stir the green batter. Measure out 8 oz batter and pour into the cake pan. Cover and steam for 5 minutes. Remove the lid to release the steam. Cover and steam for another 5 minutes. Layer 2: Stir the yellow batter. Measure out 9 oz batter and gently pour over the first layer. Cover and steam for 5 minutes. Remove the lid to release the steam. Cover and steam for another 5 minutes. Layer 3: Stir the green batter. Measure out 8 oz batter and gently pour over the back of a large spoon into the cake pan. Cover and steam for 6 minutes. Remove the lid to release the steam. Cover and steam for another 6 minutes. Layer 4: Stir the yellow batter. Pour the remaining batter into the pan. Cover and steam for 7 minutes. Remove the lid to release the steam. Cover and steam for another 7 minutes. Layer 5: Stir the green batter. Gently pour the remaining batter over the back of a large spoon into the cake pan. Cover and steam for 7 minutes. Remove the lid to release the steam. Cover and steam for another 8 minutes. Remove the cake from the steamer and let cool for at least 1 hour.

5. To serve: Oil a knife with vegetable oil and use it to cut the cake into small snack-size pieces. Enjoy!



Roll Cake (Banh Bong Lan Cuon)

Fluffy moist cake, fresh fruit and whipped cream go hand-in-hand in this elegant dessert. The cake looks complicated but the technique is super-easy. This festive Roll Cake is guaranteed to make any occasion special.

1. To make the cake batter: Preheat the oven to 350° F. Separate the eggs and place the egg yolks into a large mixing bowl and the egg whites into a separate bowl. Beat the egg yolks on Low speed for 1 minute. Add 1 Tbsp sugar and increase the mixer to High speed. Mix for 30 seconds. Every 30 seconds, add 1 Tbsp sugar and mix together. Continue until all sugar is added. (The eggs should become creamy and turn a pale yellow color. This step takes approximately 5 minutes.) Add the vegetable oil, milk and vanilla extract and mix on Low speed for 1 minute. In another bowl, sift together the baking powder and cake flour. Add the flour, in thirds, to the egg batter and mix on Low speed until well-blended, approximately 2-3 minutes. Add the egg whites into stand mixer and mix on Low speed for 30 seconds. Increase the speed to Medium and mix for another 30 seconds or until the egg whites are foamy. Add the cream of tartar. Increase to the highest speed and whip until the stiff peaks stage, approximately 4 minutes. Scoop a third of the egg whites and add to the batter. Gently fold the egg whites into the batter. Continue folding in the egg whites gradually and mixing gently. (This step takes approximately 3 minutes. The batter won't be perfectly smooth. Little lumps or streaks of egg whites are common.)

2. To bake the cake: Line a 12 x 18-inch baking sheet with parchment paper. Spread the batter into the pan making sure to distribute it evenly. Smooth out the batter with a spatula. Bake for 10 minutes. Remove the cake from the oven. Gently pull-back the parchment paper from the sides of the cake. Allow the cake to cool for 5 minutes. Lay a clean kitchen towel on the counter. Dust the towel lightly with powdered sugar. Carefully place the cake on the towel. Remove the parchment paper by folding under and rolling away from the cake. Dust the top of the cake with powdered sugar. Gently roll the towel and cake into a spiral using medium pressure. Let the cake cool for 1 hour with the seam side down.

3. To make the cream filling: Place a mixing bowl and whisk in the refrigerator and chill for 20 minutes. Add the water into a cup. Sprinkle the gelatin over the water and let stand for 1 minute. Stir until combined. Microwave on High for 30 seconds. Remove from the microwave and stir well to dissolve the powder. Place the cup in cold water and allow to cool for 6-8 minutes. Mix the cold heavy whipping cream on Medium speed until soft peaks form, approximately 4-5 minutes. Add the powdered sugar and mix together for 1 minute. (The cream should start getting stiff at this stage.) Scrape around the bowl with a spatula and work in the unmixed powdered sugar. Add the cooled gelatin and mix on Medium High speed for 30 seconds. Increase the speed to High and mix for another 1 minute or until the cream is stiff. Transfer the cream filling to a bowl and refrigerate.

4. To prepare the fruit: Cut the fresh fruit into thin slices.

5. To assemble the cake: Gently unroll the cake. Spread the whipped cream filling on the cake. Add a row of strawberries, kiwis and mangos. Roll the cake back up again. Trim the ends and dust the cake with more powdered sugar.

6. To serve: Chill until ready to serve. Cut the cake into thick slices and garnish with the remaining fruit. Enjoy!



Cake

- 5 large eggs, at room temperature
- ½ cup fine sugar
- ¼ cup vegetable oil
- ¼ cup low-fat 2% milk
- 1 tsp vanilla extract
- 1 tsp baking powder
- ¾ cup cake flour
- ½ tsp cream of tartar

Fruit Filling

- 2-3 strawberries
- 1 kiwi
- 1 small mango

Cream Filling

- 2 cups cold heavy whipping cream
- ¾ cup powdered sugar
- ¼ cup water
- .25 oz unflavored gelatin

Other

- 2 Tbsp powdered sugar

Makes 6-8 servings

Step-by-Step Videos

- [Sponge Cake](#)
- [Roll Cake](#)

RunAwayRice

Traditional Asian Dishes with a Modern Twist!



Thanks!

I hope you enjoyed this cookbook. This is just a sample of the many recipes I share on my website. Please visit runawayrice.com for more recipes.

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