



## Dark Muscovado Ci Ba(cookie)

**Serves** 20 pastries

**Cooking time** 18 minutes

### Ingredients

#### Dough

- 1 cup of glutinous rice flour
- 1/3 cup of warm milk
- 1/3 cup of warm water
- 1 tbsp of sunflower oil

#### Dipping sauce

- 1 teaspoon of honey
- 1/6 cup of dark Muscovado sugar
- 1/4 cup of warm water
- 1/4 tbsp of sunflower oil for frying
- 3 red dates with seeds removed, chopped

### Method

1. Combine glutinous rice flour, warm milk and water. Add all the milk and water to the glutinous rice flour in small amount several times.
2. Knead dough until semi soft. The dough is ready when it doesn't stick to your hands.
3. Roll the semi-soft dough into a strip. Divide the strip of dough into 20 equal pieces.
4. Roll the 20 equal pieces of dough into a round ball, and then flatten the ball with your hands until it looks like a pie.
5. Prepare a clean, dry plate, brush it with oil, and place the pastry dough on the plate.

### Dipping sauce

1. Combine honey, dark Muscovado sugar and warm water. Mix well with whisk.
2. Add the pitted red dates pieces to the liquid.

### Cooking the Dark Muscovado Ci Ba

1. Turn the heat to maximum and let the pan dry.
2. Turn the heat to medium and add the sunflower oil. Heat the oil for 2 minutes.
3. Place the dough in a pan and fry until one side is golden brown and set.
4. Turn the dough over to the other side so that the other side is set and golden.
5. Fry the dough on both sides until golden brown. Turn the heat to low and cook for half a minute until the cookies are raising. And then put it on another clean and dry plate.
6. Turn the heat to medium and add sunflower oil. Pour the mixture of honey, dark Muscovado sugar, red dates pieces and warm water into the pan. Stir them up.
7. Stir-fry over high heat until the liquid is thick, remove from heat. Pour it evenly over the cookies.



Dark Muscovado Ci Ba is a traditional healthy Chinese dessert made from glutinous rice flour. This dessert is especially good for stress relief. It is really enjoyable when I can share with my family and friends when the weather is turning cold. My mom learned to make this warm and sweet dish from my grandmother. After she married to my dad, she passed on the recipe to her children and I got to learn how to make this wonderful dessert. My heart is filled with warmth and happiness whenever I am enjoying this dessert. So, I am now also sharing the joy with you.

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