



Yaksik (9 servings)

Ingredients

Rice Base

2 cups sticky/sweet rice- rinse and soak in cold water for 5 hours

Caramel Sauce

1/4 cup erythritol (organic sweetener)

1/4 cup water

Seasoning Sauce

1/4 cup coconut sugar

2 Tbsps soy sauce

2 Tbsps grapeseed or vegetable oil

Seasoning Sauce continued

1 Tbsp macadamia oil

1/2 tsp cinnamon powder

Fruits, Nuts & Honey

14-16 large jujubes (red dates)

or 1 cup dried cranberries

1/4 cup raisins

1/4 cup honey

2 Tbsps pine nuts

8 oz can chestnuts - strained

Preparation

Caramel sauce

- Add the erythritol and 2 tablespoons of water into a small saucepan on high heat.
- Do not stir, or the sugar might crystallize. When sugar starts to boil, move the pan around to mix it up.
- When it starts to bubble, about 6 mins later, reduce heat to low and swirl the sauce around in the saucepan to mix it up again.
- Two minutes later, when it gets smoky and turns brown, remove from the heat. Add 2 tablespoons of water and tilt and move the pan so it all mixes well.
- Let mixture cool.

Continued



Yaksik 'seasoning' sauce

- Combine coconut sugar, oil, soy sauce, macadamia oil, and cinnamon powder in a small bowl.
- Mix with a wooden spoon until all the sugar is dissolved.

Mixing the fruit & nuts

- Rinse, deseed and cut the jujubes (red dates) in half.
- Combine all the dried fruit and nuts in a large bowl.

Preparing the rice

- Strain the rice and put into a steamer basket lined with a cotton cloth. Cover the rice with the edges of the cotton cloth and add 5 cups of water to the steamer.
- Cover and cook for 40 minutes over medium high heat.
- Open and turn the rice over a few times with a wooden spoon so it cooks evenly.
- Lower the heat to medium and cook for another 20 minutes.
- Remove from the heat.

Combine the ingredients

- Transfer the cooked rice to the large bowl with the fruits and nuts.
- Add the seasoning sauce, caramel sauce, and honey.
- Mix the ingredients well with a wooden spoon until all the liquid is absorbed by the rice.
- Put everything back into the steamer basket lined with the cotton cloth. Cover with the edges of the cotton cloth, add 1 cup of water to the steamer, and cook for 30 minutes over medium heat. Remove from the heat.



- Put the hot steamed Yaksik into a 8 x 8 inch baking pan lined with plastic wrap. Mix well with a wooden spoon so the fruits and nuts get evenly distributed throughout the rice. Pack it down slightly so it all sticks together.
- Let cool for about 20 min. and flip the pan upside down over a cutting board, so the rice cake is released. Cut into 9 even size pieces.

Storing

- Wrap each piece tightly in plastic wrap and place in a container. Keep in the fridge for a few days or in the freezer for up to a few months.