



## Salty rice pudding 碗粿

Salty rice pudding is also named rice cake. It looks like pudding or cake because the shape of salty rice pudding is bowl-like. However, according to its name, the taste of it is definitely not sweet as pudding and cake. Salty rice pudding is a unique snack for the Taiwanese because of its low price, soft and dense taste, and sense of satiety. In the early agricultural Taiwan, most people only got indica rice (a kind of rice which is cultivated by the Taiwanese) and it tastes hard slightly. Therefore, in the reduced circumstances, salty rice pudding was invented by housewives and becomes more and more popular. In other word, salty rice pudding is a special food developed through a long time instead of inventing by someone.

Many parents take salty rice pudding as a snack for children and some workers love to have a bowl to appease hunger. As a popular snack, the method of making a delicious bowl of salty rice pudding is not complicated at all. First, mix the rice flour and water, slowly stirring the mixture with small fire until the mixture thickened. Remember to use double-boil to avoid being burned. Second, prepare stuffing material such as pork, mushrooms, and dried shrimps and then fry to be cooked. Then, divide the mixture into bowls equally and add those stuffing in and spread evenly on top of the mixture. In addition, add the secret of salty rice pudding—salty yolk and spread dried turnips on the top. Finally, place them in a steamer and steam for 25min until done.

The finished products will be bowls of appetizing salty rice pudding. Cut even pieces of the white and soft rice cake with chopsticks, and add soy-bean sauce. The taste of it is soft but chewy. And the flavor of fried stuffing will fill with your mouth and nose. Salty rice pudding is a special and delicious choice of snack of Taiwan, so you must give it a try!