

ASIA

HOBBOANG OR RED BEAN DUMPLINGS

Ingredients (For 6 to 7 people)

- 400 g dried red beans
- 140 g sugar (preferably brown)
- 1/4 tsp salt
- 1 l water or more
- 400 g wheat flour
- 10 g oil or butter
- 30 g caster sugar
- 5 g salt
- 10 g yeast
- A small amount of water or milk

Preparation:

The day before, soak the beans in water to rehydrate them.

Rinse the beans well and cook them in 1 litre of water for 50 to 60 minutes. Add water if necessary. The beans are cooked when they may be easily crushed with a fingertip. Mash the beans to a purée with a small amount of water or blend them in a blender to obtain a nice smooth filling.

Add the brown sugar and salt and mix well. Return the saucepan to the heat so that the filling solidifies slightly. Set aside. To make milk hobbangs, heat the milk for 20 seconds in the microwave.

Sift the flour in a mixing bowl. Add the salt, yeast and sugar in three separate piles that do not touch. Pour the water or milk and first gently combine with the salt and sugar, then the yeast. Add the oil or butter gradually and knead the dough to obtain a smooth, elastic texture.

Divide the dough into identical balls of approximately 60 g each.

Stretch each ball out, place a bit of bean purée in the centre, and pinch it shut. Place the dough balls in an oven-proof dish and wrap in plastic film.

Heat the oven to 180° 200°C for a few minutes, then switch the oven off. The oven should be hot but not burning. Place the dish containing the filled hobbangs in the switched-off oven and heat for 1 1/2 hours.

Remove the hobbangs from the oven, place on kitchen paper, and cook in a steamer for 10 minutes. Then switch off the steamer and allow to rest for 3 minutes before removing the hobbangs.

Serve the bean dumplings hot. They do not stay fresh for long unless chilled. To reheat them, moisten them with a few drops of water and heat them for 30 seconds in the microwave.

