

Thai Mango Sticky Sweet Rice Dessert

Thai Mango Sticky Sweet Rice Dessert (Khao Niaow Ma Muang) is an absolute must try! This recipe is foolproof and even budding chefs with two left hands come off smelling mango sweet. This easy Thai dessert starts with Thai sweet rice (also called sticky rice) which is surrounded by a “bath” of coconut milk, then topped with slices of fresh (or frozen) mango. If you like mangoes, you’re going to love this very simple but tropical dessert. Mmmmm!

Prep Time: 8 minutes

Cook Time: 25 minutes

Ingredients:

- 1 cup Thai Sweet Rice (also called “sticky rice”, available at Asian food stores)
- 1 ¾ cups water
- 1-2 ripe mangoes, cut into bite-size pieces (look for mangoes that are fragrant and easily bruised), or 1 package frozen mango
- ¼ cup + 1 Tbsp. brown sugar (for a natural sweetener substitute maple syrup)
- 1 can good-quality coconut milk
- ¼ tsp. + pinch of salt
- 2 tsp. coconut flavoring
- 1 tsp. vanilla
- 2 tsp. cornstarch or arrowroot powder dissolved in 2 Tbsp. water

Preparation:

1. Soak the sweet rice in 1 cup water for 10 minutes, or up to 1 hour.
2. The sticky rice can be steamed or made in a pot. To make it in a pot, do not drain. Add ¾ cup (more) water to the rice, plus ¼ can coconut milk, ¼ tsp. salt, 1 tsp. coconut flavoring, and 1 Tbsp. brown sugar. Stir this into the rice, lifting any rice grains that have stuck to the bottom of the pot.
3. Bring to a gentle boil, and then partially cover with a lid (leaving some room for steam to escape). Turn the heat down to a medium-low (#2.5 to 3 on the dial).
4. Allow to simmer for 20 minutes, or until the water has been absorbed by the rice. Remove the pot from the heat, place the lid on tight, and leave to “steam” cook for 5-10 minutes.
5. Make sauce and serve the dessert right away, or store the rice (covered) in the refrigerator until you’re ready to use it.
6. To make the sauce, warm the rest of the can of coconut milk together with ¼ cup sugar, a pinch of salt, 1 tsp. coconut flavoring (optional) and 1 tsp. vanilla flavoring over medium heat (5 minutes).
7. Add cornstarch (dissolved in the water) to the sauce and stir to thicken it slightly. As it thickens, turn down heat to low. When thickened, remove from heat. **Tip: Try not to boil the sauce, or you will lose that wonderful coconut flavor.**

8. Before serving, taste-test the sauce for sweetness, adding more sugar if desired. If too sweet for your taste, add a little more coconut milk.
9. There are 2 ways to serve this dessert:
 - Place scoops of the sticky rice in bowls (Note that sticky rice can be served cold, warm, or at room temperature, as desired). Ladle a generous amount of warm coconut sauce over the rice (creating an “island” of sticky rice). Add slices/pieces of ripe fresh mango. (If using frozen mango, be sure to give it enough time to thaw before serving.)
 - For “saucier” rice: Add rice (portion out 1 scoop per person) directly to the sauce pot and stir over low heat, gently breaking apart the larger lumps, but leaving smaller lumps/chunks Now add the mango pieces and gently stir until everything is warmed through. Portion out into serving bowls, making sure everyone has equal amounts of rice, mango, and sauce. Enjoy!

Serves 2-4