

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
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Vietnamese Sweet Rice and Sausage Stuffing Recipe by Quan Bui, BMC Interpreter

Makes 6-8 servings

Ingredients:

4 cups cooked long grain sweet rice*
2 teaspoons oil
1 pound cooked Chinese sausage – mild or spicy – sliced in ¼ inch slices
8 ounces mushrooms, sliced
½ cup minced onion
1 tablespoon minced ginger
1 tablespoon minced garlic
2 tablespoon low-sodium soy sauce
2-3 scallions, chopped

Directions:

- 1. Heat oil in a large sauté pan. To the pan, add Chinese sausage and sauté 3 minutes, until browned. Add mushrooms, onion, ginger, and garlic; sauté for 5 - 8 minutes.**
- 2. Add the cooked rice, sauce, and scallions. Mix well to combine.**

***Recipe Note:**

How to cook Vietnamese sweet rice: Measure two cups of rice and three and a half cups of water into a large pot. Let the rice soak for at least half an hour or as long as four hours. Add 1/2 teaspoon of salt and stir. Place the pot over high heat and bring the water to a boil. Turn the heat to medium low and cover the pot, leaving the lid slightly off on one side to vent. Cook for 10 minutes - but DO NOT stir the rice while cooking! After 10 minutes, check to see if the rice has absorbed all of the water by pulling the rice away from the center with a fork to create a hole. If there is still water, continue cooking for 5 to 10 minutes or until the liquid has been absorbed. Remove the pot from the heat and place the lid on securely. Allow the rice to stand for 10 minutes before serving.

<http://www.tablespoon.com/posts/how-to-make-sticky-rice-at-home/8109b0e4-ac06-4a0a-aa7f-50d5bcfe3cb9>