

# នំអន្សមចេក

## Steamed Sweet Rice and Banana

### Ingredients:

Ripe bananas, banana leaf, young coconut, old coconut, sweet rice, sugar, salt, and black beans.

### Directions:

- Step 1: Cut banana leaf into 10x7 inch pieces. Wash thoroughly
- Step 2: Boil black beans until they are fully cooked
- Step 3: Shave old and young coconut - do not mix them
- Step 4: Wash sweet rice. Let it soak for six hours. Drain water
- Step 5: Place old coconut in cheese cloth and place a bowl of water. Squeeze while in the water to extract coconut cream. Remove cream.
- Step 6: Put coconut cream, sugar and salt into a pot. Cook slowly until thick. Stir well. Mix sweet rice, young coconut shavings, and black beans together into a pot.
- Step 7: Peel ripe banana
- Step 8: Place banana leaf on flat surface. Spread mixed sweet rice on banana leaf. Place a ripe banana leaf in the middle. Wrap the edges and fold over.

### Cooking Instructions:

Lay Banana leaf package in steamer with medium heat until it is fully cooked. Remove from banana leaf before eating.

## Banana Coconut Cream Dessert

### Ingredients:

- 2lbs of Bananas
- 5 cups of water
- 1 cup of sugar
- 1/3 cup of Tapioca seed
- 12oz. of coconut cream
- ¾ tsp. of salt
- 2 tbsp. of split mung bean
- 2 tbsp. of roasted sesame seed for topping

### Directions:

Split banana and cut in 2 inch long pieces.

Wash the banana pieces with a little bit of salt.

Place the banana pieces into boiling water until it is cooked (do not overcook).

Soak tapioca seeds for a half hour before adding to banana

After about 2-3 minutes add sugar, coconut milk, salt, and mung bean, don't forget the sesame seeds should be roasted before topping.