

នុំអន្សមអាំង

Num Ansom Ang

Ingredients:

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

- Step 1: Cut banana leaf into 10 inch strips. Wash thoroughly.
- Step 2: Boil black beans until they are fully cooked. Drain water.
- Step 3: Shave old and young coconut – do not mix them.
- Step 4: Wash sweet rice. Let it soak for about 6 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 pot.
- Step 7: Peel ripe banana.
- Step 8: Place banana leaf on a flat surface. Spread mixed sweet rice on banana leaf. Place a ripe banana in the middle. Wrap the edges and secure with toothpicks on both sides.

Cooking instruction:

Lay banana leaf package on the grill with medium heat until it is fully cooked. Remove from banana leaf before eating. For a smoky, crunchy taste, steam the banana wrapped package before putting on the grill.

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RECIPE

How to make Num Ansorm

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

Step 1: Cut banana leaf into 10 inches wide and clean it.

Step 2: Boil black beans until it fully cook and drain the water out.

Step 3: Shave old and young coconut

Step 4: Wash sweet rice and let it soak for about 6 hours; then drain the water out.

Step 5: Squeeze the old coconut, take out the cream

Step 6: Put the coconut cream, sugar and salt into a pot, cook it slowly and stir well. After that put sweet rice, shave young coconut, black beans and mix it together.

Step 7: Peel ripe banana

Step 8: Place banana leaf on a flat surface/board then put mix sweet rice on it, spread them and then put ripe banana in middle after that wrap it and fold both sides.

Cooking Instruction:

Put it in the steamer and steam it until the banana leave turn brown.