

食譜

Recipes



Osmanthus Jelly with Wolfberries

Ingredients:

(Serves about 6 persons)

Wolfberries	1 tablespoon
Hot water	400 ml
Osmanthus	1 tablespoon
Gelatin powder	2 tablespoons
Cold water	3 tablespoons



Seasoning:

Sugar	20 g
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Method:

1. Wash and soak the wolfberries in water until soften. Drain and set aside.
2. Soak the osmanthus in 200 ml of hot water. Set aside.
3. Mix the sugar and gelatin powder in a bowl, then add cold water and mix well. Add 200 ml of hot water in the bowl, then stir slowly until the ingredients in the bowl dissolved completely.
4. Add the wolfberries and the osmanthus water in step 2, then mix them well.
5. Pour the osmanthus jelly mixture into a container to cool down. Refrigerate the mixture to form osmanthus jelly (around 2 hours).



Nutrition Tips

1. The main ingredient of osmanthus jelly is water. Its energy content is therefore lower than other sweet puddings such as Chinese New Year pudding and water chestnut pudding. Besides water, other ingredients such as glutinous rice flour and water chestnut flour are added to Chinese New Year pudding and water chestnut pudding respectively.
2. The sugar content of osmanthus jelly in general is relatively high. The amount of sugar is reduced in this recipe to make it healthier, with a target of less than 5 g of sugar per 100 g of water.