

*Eating Saigon!*



## **Bánh Tét Recipe**

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### **INGREDIENTS**

[makes about 6 rolls]

- \* sticky rice - 1 kilo
- \* mung bean - 400 g
- \* pork belly - 600 g
- \* pandan leaf- frozen 100 g
- \* coconut milk - 150 g
- \* banana leaf - 2 bags frozen (2lbs)
- \* kitchen string (about 120")

### **Pork Belly Marinade:**

- \* deep fry shallots in vegetable oil; strain and save oil
- \* Blend all of the following:
  - 2 T of the shallot oil
  - 2 T fish sauce
  - 1/2 t salt
  - 1 t black pepper
  - 1 medium shallot, finely chopped (30 g)
  - 1 T mushroom powder

### **Local Markets for Ingredients:**

*Thien Loi Hoa Supermarket*  
1199 E 12<sup>th</sup> Street  
Oakland  
510-663-0138

*Long Hing Supermarket*  
830 International Blvd.  
Oakland  
510-832-1638

### **PREPARATION**

1. Cut pork belly into 6 strips about 6.5" long
2. Marinate pork belly 30 minutes or longer (see Marinade above)
3. Separately, rinse mung bean and sticky rice with water until clear; then soak each in water overnight (or, at least 4 hours)
4. Cut pandan leaves into small pieces before blending in processor; blend until it becomes paste
5. Squeeze pandan paste through cheesecloth to capture liquid
6. After soaking, drain water off mung bean and sticky rice and let each dry
7. Place coconut milk in wok, bring to boil; add sticky rice, stir in pandan liquid and 1 T salt. Stir continuously for 5-10 minutes until sticky rice becomes sticky. (Sticky rice will be about 10% cooked at this point)
8. Place mung bean in a pot with 1 T salt; add water to just cover mung beans; stir over medium heat until mung beans are soft; spoon off white bubble/particles as they may form on top of water; mung beans will have absorbed all the water; then mash beans into a paste
9. Soak frozen banana leaf in hot water for 15 minutes until soft and flexible without breaking; dry leaves with a towel; trim off the hard edges of banana leaves; cut banana leaves into sections about 13 or 14" square. Set aside

### **MUNG BEAN ROLLS:**

10. Place a sheet of plastic wrap on a table top (about 18" long); spoon about 3 heaping T of mung bean paste (about 1/6 of total paste) onto the middle of the plastic wrap sheet; fold plastic wrap to cover over mung bean (paste will be sandwiched between plastic wrap); now press/gently pound mung bean paste uniformly flat with your palms to form into a flat shape about 8" x 6".
11. Lift the plastic wrap off the top of the mung bean; place one pork belly strip in the center of the flattened mung bean; now cover the pork belly strip completely with the mung bean (the best technique to do this, is to lift the lower plastic wrap, also lifting the mung bean around the pork belly).
12. Using your hand, patch mung bean around pork belly to completely cover the pork.
13. Lift the pork/mung bean roll off the plastic. Set aside
14. Repeat Steps 10-13 until all pork belly/mung bean rolls are done.

**WRAPPING** [this is a difficult process that is best understood by watching the video – the general idea & steps are outlined here):

15. Place about 15" of kitchen string on the table top, running away from you; now place 3 or 4 layers of banana leaf squares over the string, one on top of each other. The top layer (which will be the layer in contact with the sticky rice roll) should have the leaf veins run perpendicular to the length of the roll.

16. Spoon about 1/6 of total sticky rice in the middle of the top banana leaf and, using the back of a large spoon, press the rice uniformly flat (about 1/4" thick) into a flat shape about 8" x 7".

17. Place one mung bean roll in the center of the flattened sticky rice perpendicular to the kitchen string.

18. Now cover the mung bean roll completely with the sticky rice (the best technique to do this, is to lift & wrap both ends of all layers of the banana leaves, also wrapping the sticky rice totally around the mung bean roll). Now temporarily tie the roll together with the kitchen string.

19. Now fold over each of the open ends of the roll to completely enclose sticky rice.

20. Place additional small strips of banana leaf on each end of the roll. Tie with kitchen string to secure leaves to ensure there will be no water intrusion while boiling the wrapped rolls.

**FINAL STEPS:**

21. Boil wrapped rolls 4-12 hours.

22. Remove from boiling water; dip in cold water; then hang to dry for several hours.

23. Unwrap banana leaves, but keep leaves below the roll. You can easily remove the strips of the inner most leaf from the rice one leaf vein at a time.

24. Use kitchen string, to wrap around roll, and pull to cut through slices of roll.