

# A Taste of the World

CAL POLY

## INTERNATIONAL *recipes*

### Niangao

*Chinese New Year  
Red Bean Cake*

Bless your family & friends with this Sticky Sweet Chinese Rice Cake gift that symbolizes prosperity.

Even though the words nian gao literally mean “year cake,” the words sound like “year higher” and also symbolize prosperity, promotion, or children growing taller.



## INGREDIENTS

- **1 lb Mochiko sweet rice flour**
- **1½ cup white granulated sugar**
- **3 large eggs**
- **⅓ cup vegetable oil**
- **2 cups reduced fat 2% milk (or water)**
- **½ cup sweet red bean paste**
- **1 cup sweet red bean crushed**

## DIRECTIONS

1. Preheat oven to 350°F.
2. Mix rice flour and sugar together in a large bowl, then make a well in the center.
3. Whisk eggs in a separate bowl, then add the oil and milk to the mixture.
4. Add the wet ingredients to the well of the dry ingredients and whisk together until smooth.
5. Fold the red beans into the batter with a rubber spatula.
6. Spray a 9x13 pan with cooking spray, then pour the batter into the pan.
7. Bake for 45 minutes–1 hour until a golden crust develops at the top of the cake.
8. Remove baked cake from the pan and let cool for 20 minutes. Then cut into 1.5–2 inch squares and serve.