

The secret of cooking red sticky rice with gac fruit for Tet is a lot of luck

Cook in the Tet holiday for the right taste, according to Vietnamese family habits!

Gac fruit is a familiar dish every holiday and Tet of Vietnamese people. Gac fruit is red in color, according to the concept of the ancients, this is a color that brings a lot of luck to the family. Besides, Gac fruit also provides the body with a high content of Vitamin, especially Vitamin A, which is effective in treating dry eyes and enhancing eyesight. With such useful uses, why don't you learn how to cook delicious sticky rice to make offerings on the upcoming New Year's Eve, offering to your ancestors and enjoying your family.

To cook delicious gac fruit with ingredients you need to prepare



1. Glutinous rice: 2kg should choose goose or sticky rice to make it bigger and better.
2. 1 ripe red gac fruit
3. Rice wine: 2 spoons
4. Salt, sugar, cooking oil
5. Grated coconut, coconut milk
6. Sticky rice or sticky rice cooker

Making

Sticky rice after being bought and washed with clean rice and drained, put in a spoonful of salt and mix well. Or you can soak overnight and then scoop out the rice and rinse the rice with clean water and drain.

Gac add and then remove all the meat in the gac and put it in a bowl, add 2 tablespoons of white wine and squeeze it evenly to help keep the red for Gac.



Prepare a large bowl to mix gac and glutinous meat, then mix well to help glutinous rice and gac blend together for color, then we leave it for about 6 hours to help the rice and gac soak in color. more, when cooking, it will look better. If the rice you have soaked overnight, there is no need to wait for another 6 hours to cook.



After soaking enough time, you put in the pot or pot to cook the sticky rice, prepare a pointer to boil the water and put the rice into cooking for about 35 to 40 minutes, depending on the amount of rice you cook more or less then the time Cooking will be different.

In the North, the cooking oil is often used in the pot when it is hot to help sticky rice become shiny and eat with cinnamon rolls.

As for the South, it is common to eat with grated coconut and coconut milk.

During the time of sticky rice, you should occasionally open the lid and sprinkle water to help sticky rice become soft, can sprinkle about 2 times.

Note : When sticky rice is nearly ripe, you want to give away the smell of gac, then add 1 tablespoon of sugar, then mix the sticky rice well and cover it and leave for 5 minutes to turn off the stove.

When the sticky rice is finished, you take out the sticky rice and put it in the mold, then compress it lightly and turn it over to a clean, well-washed dish to create a highlight for the sticky plate.

If your family has children and likes to eat sweet, you can add grated coconut and sprinkled coconut milk to help the sticky fragrance and the greasy taste of coconut.



Good luck!

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2. How to make delicious and simple candies at home
3. Hand-made stir-fried spring rolls for the whole family on Tet

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