



Soy Delights Dessert Congee

(With Dried Beancurd Sheets)

Ingredients for 5 bowls:

- 1 pack of AFC Dried Beancurd Sheets
- 3 oz. dried rice or pearl barley (rice barley pictured)
- 3 oz. dried lotus seeds
- 4 oz. rock sugar
- 38 cups water (separate into 10 cup & 28 cup)

Cook rice/pearl barley and lotus seeds in a separate pot:

Wash rice/pearl barley and lotus seeds thoroughly in water several times

Drain water

Heat 10 cups of water to boil at 220F for 25 - 30 minutes, stir occasionally

Add water if needed

Cook until rice/pearl barley and lotus seeds to soften and plump up, drain water

Directions:

Heat 28 cups water to boil at 220 F

Pour cooked and drained rice/pearl barley and lotus seeds into boiling pot

Put rock sugar into boiling pot and stir

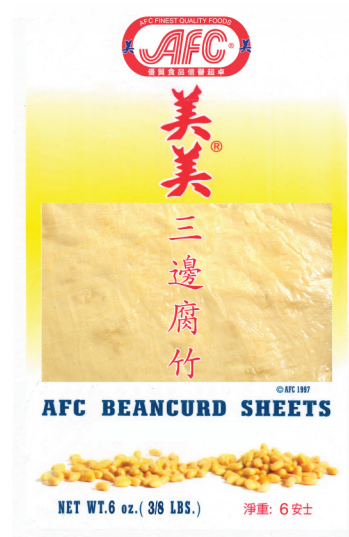
Cook until all rock sugar dissolves

Crumble 3 oz. of dried beancurd sheets and put into boiling pot

Cook for a 3 minutes while stirring

Turn heat off, let pot sit to cool

Ready to serve hot or store in fridge 4-5 hours to serve chilled



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