

Tsukimi Dango

Tsukimi Dango – lit. moon-viewing dumplings – are non-skewered filled or plain dumplings that are traditionally eaten during the moon viewing festival (tsukimi) in mid-September. They are usually displayed in a pyramid-shaped pile. Tsukimi Dango are very easy to make and its also easy to add your own twist to the recipe to change the flavour or texture of the dumplings.



Ingredients

120 gms Rice Flour
100 ml warm water
2 tablespoons of sugar

Optional Other flavourings

Small amounts of extracts, concentrated flavorings, powdered spices, espresso powder, coconut powder, cocoa, matcha and powdered milk can be added to the rice flour to create flavored dough.

Procedure

In a large mixing bowl, add the flour, sugar and optional flavourings and lightly mix. Slowly add the water to the flour, kneed and mix with your hands. You should get a dough that isn't too soft and is well combined.

From the dough make 15 small, round dumplings – about the size of ping-pong ball.

Boil some water in a pot and gently lower the dango balls in with a table-spoon or ladel.

Boil them long enough for them to float and then cook them for an additional minute.

Take off the heat and add cold water to the pan. Put the dango on a mesh tray and let them cool.

Makes about 15 Dangos