

Nai Nai's Zhen Zhu Wan Zi (“Pearl Meatballs”)



1.5 cup glutinous or sticky rice (200 g)
1/2 tsp salt (3 g)
2 slices of fresh ginger, ¼ in thick (1/2 cm)
3 green onions
1/2 clove minced garlic
1/4 cup saltine, soda, or cream cracker crumbs (25 g)
1 cup crushed water chestnuts (140 g)
1 pound ground pork (0.45 kg) (or substitute other types of ground meat)
1.5 tablespoons soy sauce (20 mL)
1 teaspoons sesame oil (5 mL)
1/2 teaspoons ground white pepper (1 g)
1/2 teaspoon salt (3 g)

Yield: Approx. 30 - 36 meatballs

1. *Preparations to be done at least 4 hours in advance:* Cover rice with water, mix in salt, and soak. Place ginger slices and 2 coarsely chopped green onions in a separate bowl and fill bowl with enough water to cover. Soak to infuse flavors into water.
2. After these ingredients have soaked for 4 hours, drain the water from the soaked rice. Remove the ginger slices and green onions from the water, and save the liquid.
3. Finely chop the remaining green onion and clove of garlic.
4. Crush water chestnuts. A rolling pin works well.
5. Mix together garlic, finely chopped green onion, cracker crumbs, pork, crushed water chestnuts, soy sauce, sesame oil, white pepper, and 1/4 cup (60 mL) of the ginger and green onion infused liquid.
6. Shape the pork mixture into balls (2 – 3 cm or 1 in). Roll each in the soaked sticky rice to fully coat.
7. Place assembled meatballs into steamer basket. Steam over simmering water for 25-30 minutes, or until rice is translucent and pork and rice are fully cooked.