

Fermented Rice (Jiuniang)

What you need:

Sweet rice (or called glutinous rice or sticky rice), uncooked, 100g (You can play with any rice. The fermenting time and the taste will be a bit different.)

Chinese yeast ball 1g (You can do 300g rice and 3g yeast and so on.)

Clean mason jar

How you do:

1. Soak the rice in cold water for 8~12 hours.
2. Drain the rice, steam it for one hour or cook with rice cooker. The cooked rice cannot be too soft (otherwise it will lose its shape very fast during the fermentation), so add a little bit less water than you usually cook rice for meal.
3. Cool the cooked rice to 30C (86F) then stir in crushed yeast ball.



4. Put the mix into mason jar and close the cap tightly. Keep it steady at 30C (86F). A little bit warmer than that is ok. I use my yogurt maker to help, some people use proof box (for bread making) or oven. You can also put the jar on top of the refrigerator if your like.
5. Wait for at least 30 hours. Open it and see if there comes out a little bit sweet liquid. Usually after two to three days fermenting, the rice looks like floating in a thin layer of liquid, it's the best phase to eat as dessert. The rice still keeps its shape and hasn't get into alcohol phase yet. Simply sweet and juicy!



6. Refrigerate the fermented rice to slow it down. It can be sweet and almost no alcohol for about two weeks in the refrigerator, then it will have more and more alcohol in it and the rice will become very small pieces.

7. Only the first batch takes time to make. You can continue it forever, just like sourdough or kombucha.... Take about one part of the old fermented rice and add 10 parts of cooked new rice. Cover and keep warm for two to three days. Then you will have a whole new jar of fermented rice (again, and again)!

About the yeast ball:

I had tried two different kinds of yeast, one in powder and one in ball shape. I personally prefer the powder one, it's easier to use, you don't need to crush it. you can find Angel brand "Rice Leaven" powder in many Asian markets. The ball shape one is sold in Asian grocery stores. In the store near me, they put it on the same shelf with baking powder, instant yeast and other baking stuff. I am not sure if there is any particular brand, because they may all come from the same company in China but packed by different importers.