

Chinese Taro Cake (aka Yam Cake or Wu Tao Gao ???)

Yield: 28 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-steamed-taro-cake-recipe>

Ingredients:

- 2/3 pound taro peeled and cut into ~1cm cubes
- 6 1/16 tablespoons rice flour
- 1/2 ounce wheat starch ??, or see tips below
- 1 chinese sausage
- 4 dried black mushrooms pcs Chinese
- 2 tablespoons dried shrimps
- 4 shallots finely chopped
- 2 tablespoons cooking oil
- 1 teaspoon five spice powder
- 3/4 cup water from soaking mushrooms
- 1/2 cup chicken stock
- 1/2 teaspoon sesame roasted white, for garnishing, optional
- green onions some chopped, optional
- 1/2 teaspoon sea salt
- 1 teaspoon fish sauce
- 1/2 teaspoon sugar
- 1/8 teaspoon ground white pepper for garnishing, optional
- 1/2 teaspoon sesame oil

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 8 grams
3. Fat: 2 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 95 milligrams

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