

Chinese Sesame Balls (*Jian Diu*)

<http://userealbutter.com/2017/01/22/chinese-sesame-balls-jian-diu-recipe/>
from [Chinese Snacks by Huang Su-Huei](#)

3 cups glutinous rice flour (glutinous rice flour is gluten-free)
1/2 cup dark brown sugar
1 cup water, room temperature
1 1/2 cups sweet red bean (azuki) paste, chilled or 6 oz. dark chocolate chopped into pieces
1 cup sesame seeds (white or black)
oil for deep frying

Place the glutinous rice flour in a large mixing bowl. Stir the dark brown sugar and the water together until the sugar is completely dissolved. Stir the water into the flour. At first it won't really mix, then the flour will suddenly absorb the liquid. Just keep at it until it comes together. When stirring no longer mixes the dough, knead it for a minute or so until the dough is soft, smooth, and just slightly tacky, but not sticky. If the dough is too dry, add a tiny bit of water and knead it in and repeat until you get the right consistency.

If using red bean paste, roll about 20 or more teaspoon-sized balls and set aside. Roll the dough out into a log and cut it into 20 equal pieces or pull off golf-ball sized pieces and roll each one into a ball. Keeping the balls of dough under plastic (to prevent drying), work with one ball at a time. Make a well in the center of a dough ball with your thumb and pinch the sides up into a bowl. Set a ball of red bean paste or a teaspoon of chopped chocolate in the center of the dough. Fold the dough up around the filling, sealing any holes and pinching off any excess dough (flat circles don't perfectly translate to the surface area of a sphere, so there will be overlap). Repeat for the rest of the dough balls.

Heat 2 inches of vegetable oil in a pot over medium heat with a candy thermometer attached to the side. The target temperature is 350°F for sea level (subtract 1° for every 500 feet above sea level – so at 8500 feet, I subtract 17° from 350°F for my target temperature = 333°F).

Place the sesame seeds in a small bowl. Dip a filled dough ball in water, shaking off excess, and then roll it in the sesame seeds until coated. Repeat for all of the balls. Carefully lower 4-5 balls into the hot oil, occasionally using a spoon to rotate the balls for even cooking. They should begin to float after 4 or so minutes of frying. Continue to rotate the balls to encourage even cooking for another minute. You may have to sacrifice one, by taking it out and cutting it open to see if the dough is cooked through. But you definitely don't want to fry more than 6 to 7 minutes total, because they can explode and then the filling will spill out and the oil will begin to boil like crazy. Remove the sesame balls to paper towels to drain. Serve hot as they are best fresh, but you can also reheat them for 20 seconds (keep an eye on them, they begin to expand very fast and can explode) in the microwave. Makes 20-24 sesame balls.