

# LOMPAT TIKAM

## BAHAN-BAHAN

### Tepung Hijau

- 3 cawan tepung beras
- 8 cawan air pandan
- 1 1/2 sudu kecil air kapur

### Pulut Merah

- 1/2 kg beras pulut
- 1 cawan santan cair
- 1 sudu kecil pewarna merah
- Secubit garam

### Santan

- 3 cawan santan pekat
- 5 cawan air
- 1 cawan tepung beras
- Garam secubit

### Air Manisan

- 2 keping gula melaka
- Sedikit air

## CARA-CARA

### Tepung Hijau

- Bancuh tepung, air pandan dan air kapur.
- Masukkan bahan tadi di dalam periuk, dan kacau di atas api sederhana sehingga pekat dan likat.
- Angkat dan tuangkan ke dalam dulang kecil dan sejukkan.

### Pulut Merah

- Rendam pulut bersama pewarna selama setengah jam.
- Kukus pulut selama 15 minit, angkat pulut, masukkan santan dan garam.
- Kukus sekali lagi pulut sehingga naik wap dan masak.

### Santan

- Bancuh tepung beras bersama santan dan air, kacau di atas api sehingga mendidih. Masukkan secubit garam.
- Kacau sehingga agak pekat dan angkat.

### Air Manisan

- Gula melaka dimasak dengan sedikit air.
- Apabila larut dan agak pekat, angkat dan sejukkan.

**Nota :** Ambil beberapa potong tepung hijau yang telah sejuk, makanlah bersama pulut merah, santan dan air manisan.

## INGREDIENTS

### Green dough

- 3 cups rice flour
- 8 cups pandan juice
- 1 1/2 teaspoons camphor mixed with water

### Red Pulut

- 1/2 kg glutinous rice
- 1 cup coconut milk (watery)
- 1 teaspoon red colouring
- A pinch of salt

### Coconut sauce

- 3 cups coconut milk
- 5 cups water
- 1 cup rice flour
- A pinch of salt

### Brown syrup

- 2 pieces palm sugar
- A bit of water

## METHOD

### Green dough

- Mix the flour, pandan juice and camphor together.
- Put the mixture in a pot and stir it until the dough stiffens over medium heat.
- Remove from the heat and pour it into a tray to cool.

### Red Pulut

- Soak the glutinous rice with the colouring for half an hour.
- Steam the rice for 15 minutes, then remove it from the steamer and add coconut milk and salt.
- Steam the rice again until cooked.

### Coconut sauce

- Mix the rice flour with coconut milk and water in a pot, stirring the mixture until it boils.
- Add in salt.
- Stir the mixture until it turns into a thick sauce.

### Brown syrup

- Boil the palm sugar and water.
- Once the sugar is dissolved, remove from the heat and cool it.

**Note :** Lompat Tikam is a colourful sweet dish of the green dough and red pulut topped with the brown syrup and white coconut sauce.