

PRODUCT INFORMATION SHEET

WHEAT OR RICE STARCH PASTE RECIPE



Saucepan or Double boiler:

1. All utensils used for paste making must be spotlessly clean. They should not be used for other purposes, least of all food preparation. They should not be cleaned with soap, however, which may contaminate the paste. Place one part wheat or rice starch and four parts of distilled water in a saucepan or the top of a double boiler. The cooking vessel should be enamel-coated, stainless steel, or Teflon-lined, not aluminum.
2. Mix well and allow the mixture to stand for 20 minutes before cooking.
3. Cook on medium-high heat, stirring constantly with a clean nonmetallic utensil.
4. When the paste begins to thicken (this may not happen right away), reduce heat and continue stirring. As it thickens, the paste will become stiffer and more difficult to stir.
5. Stir until the paste is thick and translucent. It usually takes about half an hour to reach this stage.
6. Remove from the heat and continue stirring for the first few minutes of cooling. Transfer the paste to a clean, covered container and allow it to cool. Paste must be cooled to room temperature before it can be strained and used.
7. Straining and thinning is necessary because the paste becomes hard and rubbery when cool. Strain as much as you will need just before using. A strainer with tiny holes or a Japanese paste strainer (996-7024) can be used.
8. Brush the strained paste against the bottom of a container while mixing in distilled water a little at a time until the paste reaches the consistency of mayonnaise. It is important to add the water gradually so that the paste does not separate out into clumps.

Because refrigeration may cause the paste to lose its tack, keep it at room temperature. It is best to make small batches, since the paste does not usually keep for more than a week. A preservative can be added, but these chemicals are toxic and not recommended.

Microwave Wheat Starch Paste:

Place 1 tablespoon of wheat starch in a clean, microwave-safe container, add 5 tablespoons of distilled water, stir, and place the mixture in a microwave oven. Microwave on a high setting 20 to 30 seconds, remove the paste, and stir. Place it back in the unit and microwave it another 20 to 30 seconds. Remove it and stir again. Repeat this process several times until the paste is stiff and translucent. If larger quantities are made in the microwave oven, increase the cooking time between stirrings. Paste should be cooled to room temperature before it is strained and diluted for use. Strain and dilute the paste before use, as above.