

zòng zǐ

粽子 (Rice dumpling)

Prepare ingredients → Wrap → Cook → Enjoy!



白素粽



莲蓉粽



弱碱粽



腊肉粽



蛋黄粽

Recipe of SWEET rice dumplings (Vegetarian)

prepare ingredients



Ingredients

- 4 cups of glutinous rice (sticky rice).
- 24 dried bamboo leaves. You will need a pair (two leaves) of bamboo leaves for each dumpling. Prepare extra bamboo leaves for use in case any of the leaves break during the wrapping process.
- 12 cooking strings (cotton twine, around 3 feet long). 2 for each tasty dumpling.
- 6 tablespoons of red bean paste.
- 2 tablespoons of red beans.
- 6 dates, the seeds removed.
- Honey or sugar (optional, this is used for serving).

Preparation:

1. Rinse the rice several times and soak it in cold water for at least 2 hours to absorb water. Drain the excess before assembling.



2. Submerge the bamboo leaves for 30 minutes until soft. Rinse under cold water to remove the dirt. Transfer the bamboo leaves to a large pot of boiling water and let them simmer for at least 10 minutes or until the leaves are green fully rehydrated. Drain and set aside.



Wrap a sweet Zongzi:

[🔗 Video about How to wrap zongzi:

<https://www.youtube.com/watch?v=IOMzCNftkQE>]



1. Put two or three bamboo leaves onto your palm (smooth side up)
2. Fold the leaves into a cone-shaped container. Layering two leaves together and folding them up at the center to form a cone. There should be no leakage in the bottom of the cone.
3. Use a spoon to fill it with 2 tbsp of glutinous rice+ a tbsp full of red bean paste+ several red beans + a date + another 2 tbsp of glutinous rice.
4. Gently push the top to make sure the surface is flat but not too full.
5. Bind it in a triangular pyramid. Fold down the leaf to close the cone.

6. Shape with a string. Press it firmly, so it will not fall apart and get a tight seal.
7. Repeat the same process until you finish the ingredients.

Cook

1. Place a wok with cold water over high heat until boiling.
2. Put the Zongzi in, cover the wok with the lid and boil for 2 hours. (Larger ones with much stuffing may require one more hour.)
3. During the cooking, keep the Zongzi soaked in boiling water so that you may need to add hot water for several times. Prepare a kettle with hot water at hand for your convenience.



Enjoy it!

After being boiled and served on a plate, remove the leaves and add some honey/sugar to improve the flavor.

Recipe of SAVOURY rice dumplings

INGREDIENTS:

- 21oz (600g) sticky (glutinous) rice
- 2 dozen bamboo leaves
- 12 cooking strings (cotton twine, around three feet long).



FOR FILLING:

- 8oz (230g) pork belly (cut into small pieces or chunks)
- 4 dried shitake mushroom, reconstituted
- 6 salted egg yolk (split into halves)

PORK BELLY MARINADE:

- 1tsp salt
- 1tsp sugar
- 1tbsp soy sauce
- 1tsp dark soy sauce
- 1tsp five-spice powder

RICE MARINADE:

- 2tsp salt
- 1tsp white pepper powder
- 2tbsp oil

DIRECTIONS:



1. Soak the sticky rice in cold water for at least 2 hours. Drain all the water. Mix in all the rice marinade ingredients. The rice can be prepared in advance.



2. Slice the pork into 1/2 inch pieces and mix in the pork marinade. Let the pork marinade for at least 1 hour.

3. Slice the shiitake mushroom into bit size. Harvest the salted egg yolk if you use fresh salted egg.

4. Submerge the bamboo leaves in a large pot of water for about 30 minutes until the leaves turn soft. The leaves can be very dirty, wash a few more



times if that's the case. Boil the soaked leaves in a wok or pot for about 10 minutes until the leaves are soft. Rinse the leaves thoroughly and wipe the leaves clean.

5. Gather up all the ingredients and get ready to wrap the zongzi

6. Take two bamboo leaves and place them in opposite directions. Overlap the two leaves by 80% of the area. Starting at 1/3 lengthwise from one end, bend the leaves to form a cone.
7. Make sure there is no opening or holes on the cone
8. Fill the cone with 1 tbsp of sticky rice.
9. Add a layer of pork belly, shiitake mushroom and salted egg yolk
10. Lastly, add another layer of sticky rice to cover the top



11. To close the opening, fold over the remaining 2/3 of the leaves
12. Cover the top completely and press down to partially cover the sides
13. Wrap the edge of the leaves to either left or right side of the zongzi
14. The zongzi should be completely wrapped. Turn the zongzi around to make sure there is no opening



[Video about How to wrap zongzi:
https://www.youtube.com/watch?v=IOMzCNftkQE](https://www.youtube.com/watch?v=IOMzCNftkQE)

15. Use a string or straw to tied up the zongzi
16. Make sure you wrap the zongzi a few times so there are no loose ends. You don't need to tie it too tight, allowing some room for the cooked ingredients to expand



17. Place the wrapped zongzi in a large pot. Cover with water and bring to boil. Cover the pot and cook over medium heat for 90 minutes to 2 hours depending on the size of the zongzi



18. Enjoy!



Refer to:

<http://yireservation.com/recipes/zongzi-chinese-sticky-rice-dumpling/>

<https://onthegas.org/food/zongzi/>

<http://yireservation.com/recipes/red-bean-sticky-rice-dumpling-zongzi/>

<https://www.youtube.com/watch?v=IOMzCNftkQE>