

# Zongzi

(China)

Submitted by: Henry Pu

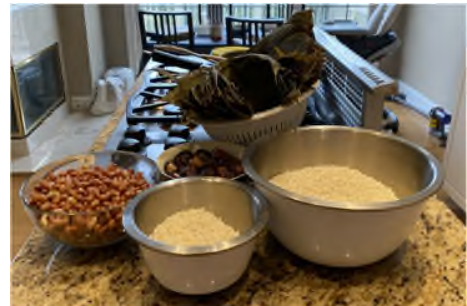


China is an Asian country that can date back to 5,000 years ago. Qin Shi Huangdi conquered all the six powerful warring states and united them to make China.

Zongzi in Chinese is 粽子 is a traditional Chinese dish eaten at the Chinese Dragon Boat Festival (端午节). It is said that the King of Yu forced a poet named Wu Zixu to commit suicide, so he jumped into the river. The people loved him so to keep the fish from eating his body, they threw zongzi dumplings into the river.

## **Ingredients:**

Bamboo leaves  
Sticky rice  
Lye water  
Sausage twine  
Butter (optional)  
Brown sugar (optional)  
Red bean paste (optional)



## **Instructions:**

Put the rice in the water for 6 hours.

Filter the water after 6 hours.

Put 2 big spoonfuls of lye water and mix.

Take bamboo leaves and wash 4-5 times.

If you don't use immediately, put in bowl of water.



Wrap the rice in bamboo leaves and wrap that in sausage twine.

Boil for 4 hours.

Take it out after 4 hours and you are ready to eat.



**Tips:** If you make it plain, you can dip in granular sugar. You can put salted butter, brown sugar, and red bean paste for more flavor. Tie the zongzi with sausage twine in a loose knot, that way it is easier to open.