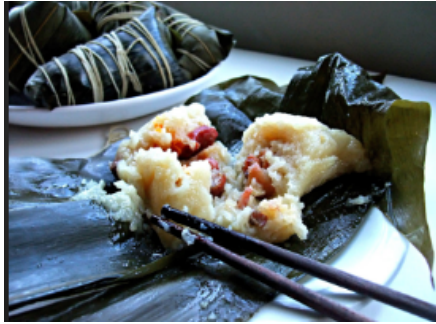


# JUNE

## *Dragon Boat Festival*



**Joogn (Zongzi)** is like a Chinese tamale made of sticky rice filled with meat, salted duck yolk, Chinese sausages, mung beans or peanuts, wrapped in bamboo leaves. Various regions in China have different styles and ingredients.

## Cantonese Zongzi Recipe

*Makes 6- 8 servings*

### **Ingredients:**

- 36-40 dried bamboo leaves
- 5 cups Uncooked Sweet Rice
- 2 tablespoon light soy sauce
- 1 pound pork belly, cut into 12 pieces
- 2 ½ tsp salt
- ½ tsp sugar
- 2 tsp Shaoxing wine
- ½ tsp white pepper
- 1 tsp oil
- ½ cup water
- 2/3 cup raw peanuts
- 3 Chinese sausages (lap-chong), cut into 12 pieces
- 6 salted duck egg yolks
  
- Cotton string for tying

## Instructions:

1. Soak the 36-40 dried bamboo leaves in water overnight to soften, then clean, and keep moist in water until they are ready to use.
2. Soak the raw peanuts overnight. Then boil it for 5 minutes and set aside.
3. Soak the sweet rice overnight. When ready to use, drain the uncooked rice, add soy sauce, and mix together. Wok fry quickly and set aside
4. Combine the pork belly with light soy sauce, sugar, Shaoxing wine, salt, and white pepper and marinate overnight. Cook the pork belly in oil in medium heat for 3 or 4 minutes, then add the water. Cook for another 5 -10 minutes covered until the water evaporates. Then set aside.
5. Assemble bamboo leaves to form a cone. Fill one half of it with rice add the fillings inside with Chinese sausage, pork belly, peanuts, and salt duck egg yolk. Fill in the top with the half portion of rice. Wrap the bamboo leaves tightly to keep the rice from falling out, then tie to secure the bamboo leaves with a thin, strong cotton string to so the rice and the fillings inside the rice do not spill out.
6. It should look like a small triangular boat when the zongzi is securely wrapped. See link below for wrapping techniques:  
  
<https://youtube.com/shorts/MyP3qUxILJ4?si=vAe-W0rGZ5Ovbmqq>
7. Boil the zongzi in water 7-8 hours; adding more water to the pot as it evaporates. Another option is to steam them in an Instant Pot for 90 minutes.
8. Zongzi can be frozen for a few months. Re-boil or steam to heat up before serving after thawing.

## Other Zongzi Recipes and Wrapping Tips:

How to Make Zongzi

<https://thewoksoflife.com/zongzi-cantonese-style/>

Wrapping Perfect Zongzi for Beginners

<https://www.youtube.com/watch?v=57DNKtpPjpl&t=58s>

Joong Making Using of Wooden Mold with Lana Fong Chong

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