Fujian Soda / Lye Zongzi with Red Bean Paste

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Alkaline water (potassium carbonate and sodium bi-carbonate) turns the glutinous rice into an attractive warm yellow colour. This vegan zongzi is served plain with sugar, honey or syrup. It can also be filled with sweet paste (lotus or red bean).

- Sub Category Name
  - Food
  - Main Courses
  - Savory
- Recipe Source Name
  - Tea Inspired Festivities
- Festivities Name
  - Chinese New Year Festival
  - Dragon Boat / Duanwu Festival
- Glass Type
  - Twelve

Used Teas

t-Series Green Tea

with Jasmine Flowers

Ingredients

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- 650g or 3 cups glutinous rice
- 2 tbsp lye/alkaline water
- 1,1/2 tbsp cooking oil
- 400g red bean paste
- 1 tbsp salt
- 28 dried bamboo leaves, soaked overnight
- Kitchen twine

Methods and Directions

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- Soak the glutinous rice in five cups of water overnight.
- Drain thoroughly and then mix with cooking oil and lye.
- The rice should turn yellow. Set aside.
- Divide the bean paste into 12 portions of 30g.
- Blanch the bamboo leaves in boiling water until soft (about 10 minutes).
- To assemble the zongzi, form a cone using 2 bamboo leaves, placing one on top of another and fold into a cone.
- Place 1 tablespoon of rice into the cone.
- Make a small well, then place one portion of red bean paste in it. Cover with 1,1/2 tablespoons of rice.
- Pack all ingredients lightly, and smoothen the top with a clean wet spoon.
- Complete the wrapping and secure with kitchen twine.
- Cook submerged in boiling water for 4-5 hours.
- Remove the zongzi from the water and let it cool to room temperature before serving plain or with some sugar/syrup.

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