

Fujian Chestnut & Meat Zongzi



0 made it | 0 reviews



- Sub Category Name
Food
Main Courses
Savory
- Recipe Source Name
Tea Inspired Festivities
- Festivities Name
Dragon Boat / Duanwu Festival

Used Teas



t-Series Sencha Green
Extra Special



t-Series Single Estate
Assam

Ingredients

Fujian Chestnut & Meat Zongzi

- 650g or 3 cups glutinous rice, soaked overnight and drained
- 28 dried bamboo leaves, soaked overnight
- Kitchen twine



Filling

- 20g Chinese mushroom, rehydrated and diced
- 80g chestnut, cooked until soft and diced
- 150g pork belly, cooked and diced
- 20g minced shallot
- 10g minced garlic
- 1 tbsp pepper
- 1 tsp salt
- 1 tbsp soy sauce
- 1 tsp sesame oil

Methods and Directions

Fujian Chestnut & Meat Zongzi

- Blanch the bamboo leaves in boiling water until soft (about 10 minutes).
- Heat some oil and stir-fry the shallots and garlic till fragrant.
- Add the mushroom, chestnut and pork belly.
- Season with the pepper, salt, soy sauce and sesame oil.
- Divide into 10 portions.
- To assemble the zongzi, form a cone using 2 bamboo leaves, placing one on top of the other and folding into a cone.
- Place 2 tablespoons of rice inside, add one portion of the meat filling and cover with another 2 tablespoons of rice.
- Pack all ingredients lightly. Smooth the top with a clean wet spoon.
- Complete the wrapping and secure the rice package with kitchen twine.
- Cook submerged in boiling water for 4-5 hours.