

Photo of family energy storage and zongzi

It might seem strange for zongzi, the quintessential Dragon Boat Festival snack, to appear in this winter holiday more associated with jiaozi dumplings. But for some reason, zongzi has transcended these traditional Dragon Boat Festival roots, to become a beloved food at nearly every important gathering in my husband's family in Zhejiang.

I proudly present here a comprehensive guide to my grandmother's joong / zongzi, from a discussion on the preparation and fine points of each ingredient, to the different techniques and shapes, to the process of cooking all the way to storage and reheating. Here it is, documented in detail, for the benefit of posterity, for all to enjoy.

As a specialty of Peranakan cuisine, Malaysian zongzi (Nyonya chang) is made of regular glutinous rice and blue rice immersed in blue flower juice typically stuffed with mixed spices, pork mince, wax gourd and roasted peanuts. The authentic Nyonya chang ought to be steamed or boiled with coconut milk.

Web: <https://wholesalesolar.co.za>