

Nyonya Chang Glutinous Rice Dumplings (Zong Zi)

Yield: 4 min
Total Time: 57 min

Recipe from: <https://www.recipeschoose.com/recipes/zong-zi-recipe-chinese-recipe>

Ingredients:

- 2 11/16 cups glutinous rice
- 1 teaspoon salt
- 1 cup pea dried blue, flower
- 1/2 cup hot water
- 8 dried shitake mushrooms
- 3 tablespoons cooking oil
- 6 shallots peeled, finely chopped
- 5 garlic peeled, finely chopped
- 3 tablespoons bean paste ground, tau cheo
- 1 1/8 pounds pork butt /shoulder/or ground pork with some fat cut into little pieces if not using ground pork
- 1 3/4 ounces chinese rock sugar
- 4 tablespoons sugar
- 3 tablespoons coriander powder
- 1/2 teaspoon ground white pepper
- 30 pieces bamboo leaves
- 4 pandan leaves cut into 3 smaller pieces

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 156 grams
3. Cholesterol: 80 milligrams
4. Fat: 26 grams
5. Fiber: 7 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 1010 milligrams

9. Sugar: 18 grams

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