

Zongzi

Dumpling wrapping – detailed instructions

Use the following pages of stencils for the leaves. First and second page is set up to print on both sides.

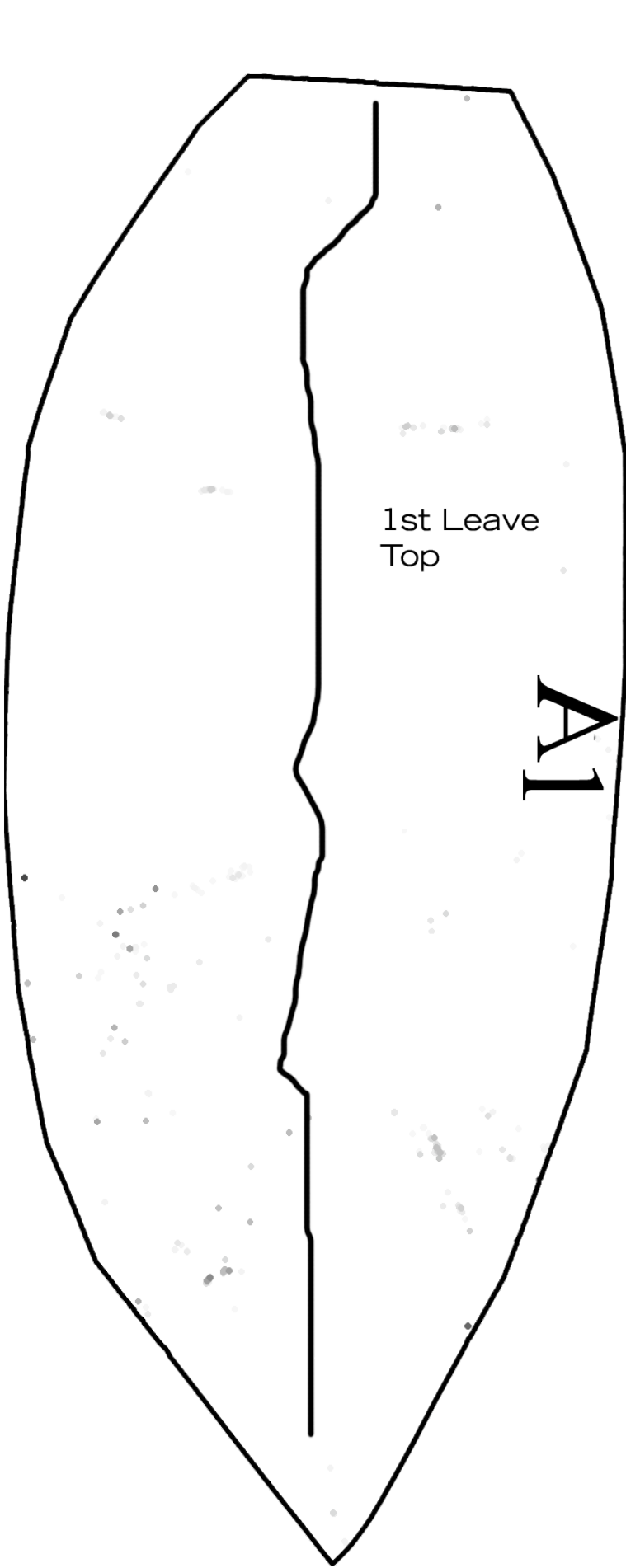
- A. Take two bamboo leaves, overlap offsetting each other by ½ inch along the length of the leaf. The stems to the left, and the tips to the right, with the 2nd leaf closest to you. (A1 reads above A2)
- B. At a point 1 inch from the top edge and 1 inch off the middle cross-section (Point B) fold leaves into a conical shape – there should be no opening at the tip of the cone.
- C. The tips should be parallel to the stems, and are lower than the stems. (C1 aligns with C2, with C2 on the upper fold)

Fill the cone, packing tightly as you fill. Flatten the top with a clean wet spoon.

- D. Take a third piece of leaf, insert the tip end in between the back fold on the right. (D1 aligns with D2), and cup the dumpling, with ½ inch offset along the edge (both Ds are visible at the base)
- E. With the triangle facing you, fold the third leaf at the base of your palm towards the filling (E)
- F. Next, fold the 3 pieces of tips on the right towards the filling (F)
- G. Then, fold the stems on the left side towards the filling (G)
- H. Lastly, fold down the remaining leaves towards you. (H) and wrap around the pyramid.
- I. Quickly loop a piece of kitchen twine around the dumpling (along the spine of the leaves) to secure leaves in place. Wind twine around dumpling tightly. If necessary add, a second piece of string along a different axis.

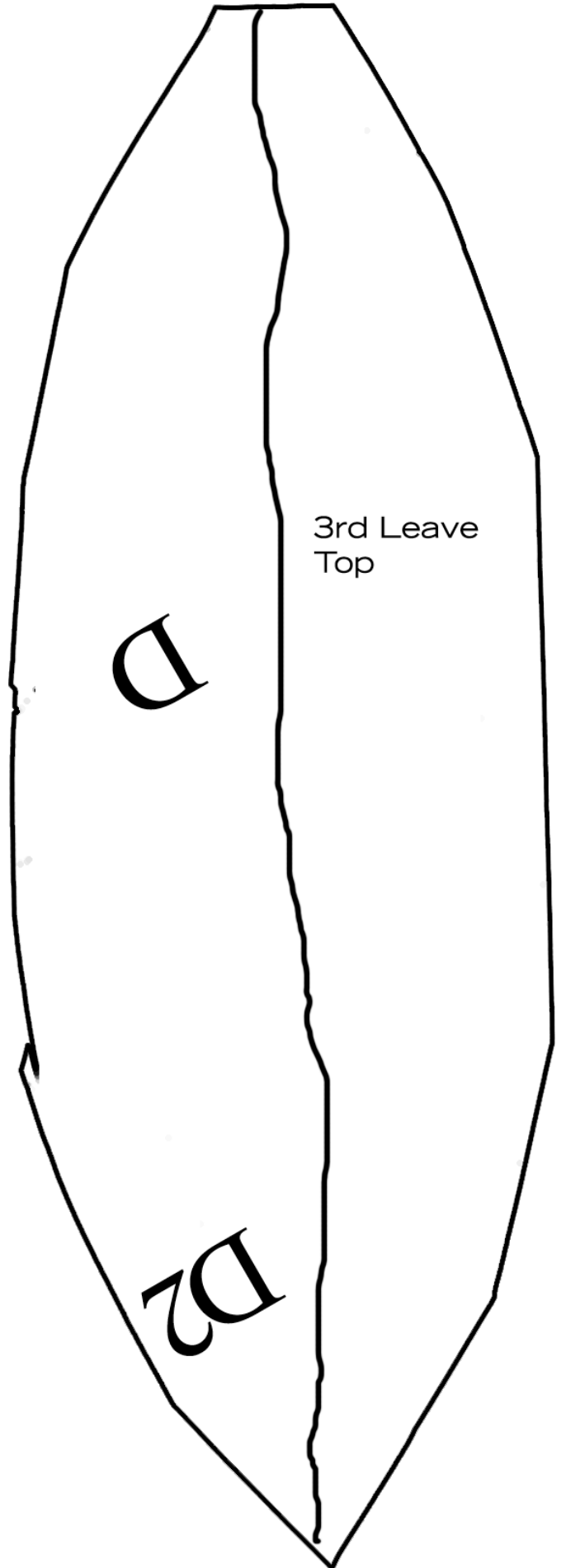
NOTE:

- For savory dumplings, pack, wrap and tie tightly so that the filling will not separate from the rice.
- For sweet dumplings, pack loosely, wrap and tie loosely so that the rice will have space to expand and it will be soft.
- The longer you boil the dumpling, the softer it will become. Boil a minimum of 30 minutes if you pre-steam some of the ingredients, otherwise, 1 ½ hours. A perfect boil is about 2 ½ hours.



1st Leaf
Top

A1



3rd Leaf
Top

D

D2

G

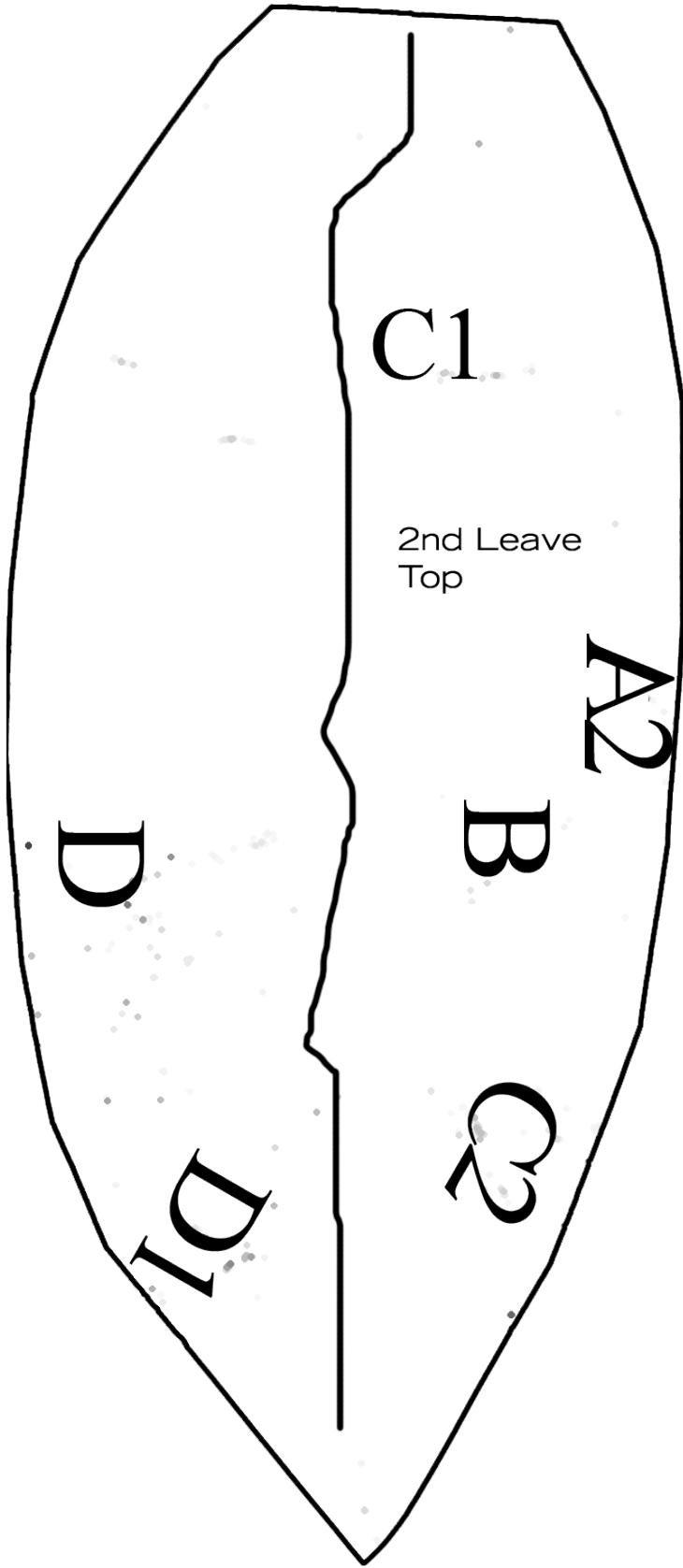
H

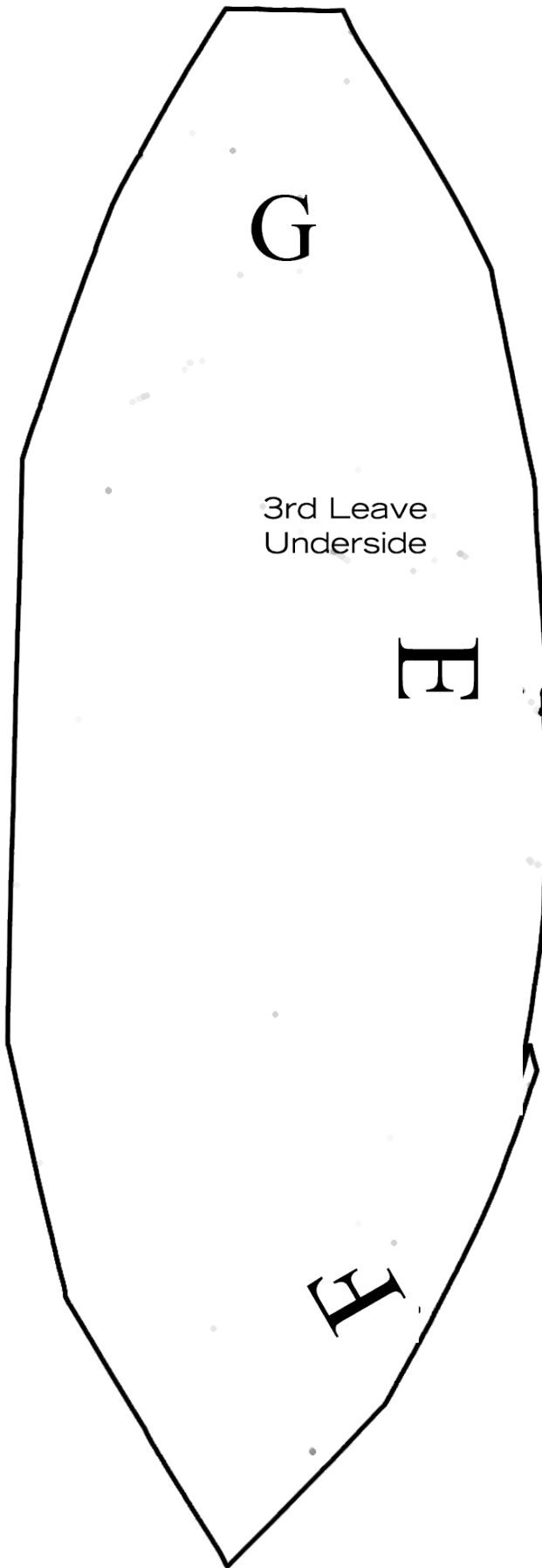
3rd Leave
Underside

1st Leave
Underside

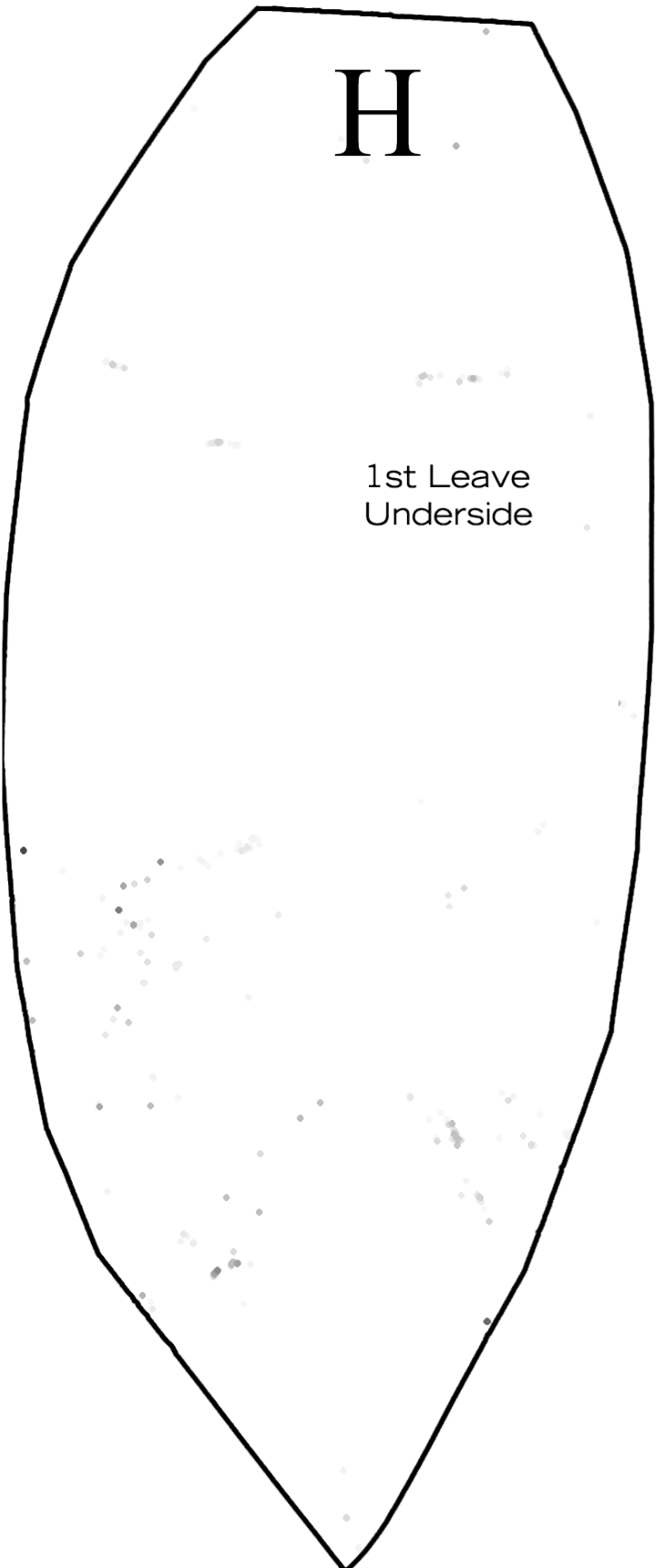
H

F





3rd Leaf
Underside



1st Leaf
Underside

