





Dialysis Friendly Bak Zhang




The dragon boat festival is just round the corner and you can enjoy Bak Zhang by using our dialysis friendly recipe! It has 47% reduced sodium and double the amount of protein as compared to store bought bak zhang!

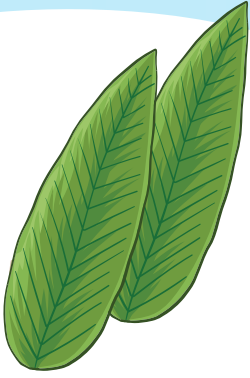
Cooking tips:

- Make high protein bak zhang with lean meat and less glutinous rice. 
- Limit the amount of sauces (e.g. soya sauce and oyster sauce) and salt used. 
- Avoid salted egg yolk, chestnut, dried shrimps and preserved sausages as they are sources of high phosphate. 
- To swap with the above unhealthy ingredients, you can add in some black eyed beans and canned mushrooms (drained)! 

Eating tips:

- Remember to take phosphate binder together with the bak zhang! 

Dialysis Friendly Bak Zhang (Rice Dumpling)	
Yield: 12 dumplings	
Protein: 2 portions/dumpling	
Carbohydrate: 2.5 portions/dumpling	
Ingredient	Amount
For wrapping	
Dried bamboo leaves	28-30 pieces
Reed string	1 bundle
Rice	
Glutinous rice	450g
Black eyed beans	50g
Canola Oil	2 tablespoons
Garlic, minced	10 cloves
Dark soy sauce	1 tablespoon
Soy sauce	1 tablespoon
Oyster sauce	1 tablespoon
Ground white pepper	1/2 teaspoon
Meat and marinade	
Pork loin (diced into small cubes)	750g
Dark soy sauce	1 tablespoon
Soy sauce	1 tablespoon
Oyster sauce	1 tablespoon
Ground white pepper	1/2 teaspoon
Chinese five spice powder	1/2 teaspoon
Shao Xing wine	50ml
Sugar	1 teaspoon
To stir-fry with meat	
Canola Oil	4 tablespoons
Garlic, minced	6 cloves
Dried mushrooms (soaked till soften then drain and sliced)	6 pieces
Fried shallot crisp	1/2 cup



Steps:

Preparing the wrap

1. Place dried bamboo leaves and reed string into boiling water for at least 15 minutes.
2. Remove from heat and let it cool down, then clean the bamboo leaves on both sides using a clean cloth. Set aside.

Preparing the rice

1. Wash the glutinous rice and black eyed beans, then soak them for at least 4 hours.
2. Drain the water when ready to cook.
3. Add canola oil to a preheated large wok, add in garlic and stir-fry until fragrant.
4. Add in glutinous rice and black eyed beans followed by all other seasonings.
5. Stir-fry the rice until well mixed with seasonings, then remove from heat and let it cool down.



Preparing the meat filling

1. Place diced meat in a big bowl and mix in the marinade, then cover and place in the refrigerator for at least 3 hours.
2. When ready to cook, add canola oil to a preheated large wok, then add in garlic and stir-fry until fragrant.
3. Add in marinated meat and stir-fry till half cooked.
4. Add in sliced mushrooms and continue to stir-fry until the meat is cooked completely.
5. Turn off the heat and stir in crispy shallots. Set aside and let it cool down.

Wrapping and cooking the rice dumplings

1. Once the meat filling and rice have cooled down, proceed to wrap your rice dumpling with 2 heaped tablespoons of meat each!
2. When all dumplings have been wrapped, boil a large pot of water and add in the wrapped dumplings.
3. Boil for about 2.5 to 3 hours, or until fully cooked.



Nutrition content per serving: (Energy: 324 kcal)

Carbohydrate	36g
Protein	18g
Total fat	12g
Sodium	359mg
Potassium	341mg
Phosphate	205mg

Recipe inspired by

<https://whattocooktoday.com/glutinous-rice-cones-zong-zi.html>

modified by NKF dietitians.