

Lower Sodium Traditional Bak Zhang (Rice Dumpling)
Yield: 12 dumplings

Ingredient	Amount
For wrapping	
Dried bamboo leaves	28-30 pieces
Reed string	1 bundle
Rice	
Glutinous rice	450g
Black eyed beans	50g
Cooking oil (Eg: canola oil)	2 tablespoons
Garlic	10 cloves
Dark soy sauce	1 tablespoon
Light 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
Light 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	
Cooking oil (Eg: canola oil)	4 tablespoons
Garlic	6 cloves
Dried mushrooms (soak till soften, then drain and slice)	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 eye beans and soak them for at least 4 hours.
2. Wash and drain the water when ready to cook.
3. Add cooking 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 cooking oil to a preheated large wok, 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 1/2 cup (or 1 flat rice scoop) of rice and 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.

较低钠传统咸肉粽
份量：12 个粽子

材料/ 食材	份量
干竹叶	28-30 片
粽绳	1 捆
粽子饭	
糯米	450 克
眉豆	50 克
食油（如：芥花籽油）	2 汤匙
蒜头	10 瓣
黑酱油	1 汤匙
酱青	1 汤匙
蚝油	1 汤匙
白胡椒粉	½茶匙
粽馅（肉和腌料）	
猪里脊肉（切丁）	750 克
黑酱油	1 汤匙
酱青	1 汤匙
蚝油	1 汤匙
白胡椒粉	½茶匙
五香粉	½茶匙
绍兴酒	50 毫升
糖	1 茶匙
粽馅的配料	
食油（如：芥花籽油）	4 汤匙
蒜头	6 瓣
干香菇（浸泡至软，沥干后切片）	6 朵
炸红葱酥	½杯

烹调步骤：

准备裹粽子所需的材料

1. 烧开水，加入干竹叶和粽绳浸泡至少 15 分钟。
2. 熄火后将竹叶和粽绳取出，搁置待凉后用一块干净的布擦净竹叶，搁置待用。

准备粽子饭

1. 将糯米和眉豆洗净，浸泡至少 4 小时。
2. 清洗浸泡后的糯米和眉豆，沥干水分。
3. 在热锅中加入食油，爆香蒜头。
4. 将糯米和眉豆倒入锅中，加入调味料。

5. 将糯米和调味料翻炒均匀，熄火后放凉备用。

准备粽馅

1. 将猪肉和腌料放入 1 个大碗中拌匀，把碗盖起来后置放到冰箱至少 3 小时。
2. 在热锅中加入食油，爆香蒜头。
3. 加入腌好的肉翻炒至半熟。
4. 加入香菇翻炒至猪肉熟透。
5. 熄火后加入炸红葱酥翻炒，搁置待凉。

裹粽子和烹煮粽子

1. 待粽馅和粽子饭冷却了，掏半杯粽子饭（约 1 平勺）和 2 汤匙的肉馅放入竹叶后裹成粽子。
2. 烧开一大锅水后，放入裹好的粽子。
3. 盖上锅盖煮大约 2.5 至 3 小时，或直到粽子煮熟即可。

营养成分（每一份量）：热量 = 324卡路里

碳水化合物： 36克	蛋白质： 18克	总脂肪： 12克
钠： 359毫克	钾： 341毫克	磷： 205毫克

食谱源自于 <https://whattocooktoday.com/glutinous-rice-cones-zong-zi.html>，此食谱为NKF营养师的改良版。