DRIED & OTHER FOODS

雜貨
zaap6 fo3
also called zaap6 fo3 什貨
**APRICOT KERNELS**

*naam4 bak1 hang6 jan4*

南北杏仁

*How to use: Substitute for almonds*

**ARHAT FRUIT**

*lo4 hon3 gwo2*

羅漢果

*How to use: Break open, use as a sweetener or traditional medicine*
AZUKI BEANS
hung4 dau6
紅豆
How to use: Cover with water, simmer until soft but still holding their shape; Alternatively use as congee or soup ingredient

BAMBOO LEAVES
zuk4 jip6
竹葉
How to use: Soak in warm water for 20 minutes then use as a wrapper to roast fish in or for songzi (the steamed parcel eaten during Dragon Boat Festival)
**CABBAGE - DRIED**

coi3 gon1  菜乾

How to use: Soak in water for 10 minutes, chop and add to soup or stir-fries

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**CASSIA BARK**

gwai3 pei4  桂皮

also called juk6 gwai3 肉桂

How to use: Substitute for cinnamon sticks
**Chinese Dates**
(also called Jujube)
zou2

How to use: Eat as is or add to soup

**Chrysanthemum Flowers**
guk1 faa1

How to use: Add to hot water to make chrysanthemum tea