

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



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

棗

How to use: Eat as is or add to soup



CHRYSANTHEMUM FLOWERS

guk1 faa1

菊花

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