

## E-plan Project – FJU 2010 Fall -- basic unit

### Episode 6:

#### Reading: 短文聽讀

Rice dumplings, as was mentioned, were originally made to feed fish so that they would be full and not want to devour Qu Yuan's body. Today, we eat rice dumplings because they are common during the Dragon Boat Festival and are very tasty. Yet, what makes a rice dumpling? What type of rice dumpling do you enjoy best? Why are rice dumplings wrapped in bamboo leaves? In fact, in the past when the villagers made rice dumplings, they did not wrap the food in leaves at all. They stuffed rice inside bamboo, and rice dumplings looked more like **bamboo rice** (竹筒飯).

Generally, a salty rice dumpling consists of peanuts, meat chunks, shiitake mushrooms, and a piece of salted duck egg yolk, but different styles of rice dumplings are made differently. There are **northern and southern rice dumplings** in China (北方、南方粽) as well as northern and southern rice dumplings in Taiwan (北部、南部粽). In Taiwan, the northern dumplings are usually more greasy, as they are made from **sticky rice** (油飯) cooked with oil. After the rice dumpling is wrapped (with the insides either fully cooked or half-cooked), it is then steamed. A northern rice dumpling is usually wrapped in the shells of bamboo shoots.

A southern rice dumpling is usually cooked in water. The filling usually consists of more items, as the rice itself is less flavorful and needs meat, shallots, shiitake mushrooms, and other ingredients to add flavor. The rice dumpling is wrapped in green bamboo leaves, which are more fragrant.

There are also a myriad of other types, so feel free to do some research. You may realize that most rice dumplings sold in stores are a mixture of both northern and southern styles, but they are also unique in their own ways.

