

# Foreign Friends Encounter Traditional Ningbo Food

2021 is of great significance for Ningbo, the second largest city in Zhejiang Province, for they ear marks its 1,200th birthday.

In celebration of the anniversary, *Ningbo Evening News* has launched the new column *Tasty Ningbo—Foreign Friends Encounter Traditional Food* this April to showcase the charm of Ningbo and its profound culture. Each piece will feature expat friends tasting and learning to make traditional local food.

## Episode 1: “Qingtuan” —Chinese Dumpling

On April 14th, Mr. Brendon Fleming, Assistant Principal of Georgia School Ningbo, joined the food-hunting trip as our first featured guest.

Upon meeting, Brendon said “Hello!” at the exact same time as our “Ni Hao!” And so the joyful trip began.

Ningbo has a 7,000-year history of rice farming which dates back to the Hemudu Neolithic Culture. Thus, we chose for our first trip a rice-themed destination—the Wang Shengda Museum in Ningbo.

When we arrived at 9AM, a young female staff led us on a tour, explaining that Wang Shengda was a rice merchant who opened his shop in 1889. When measuring out rice for customers, Wang would always fill up the measuring cup to the fullest to give the customers a bigger portion. This generosity and honesty made Wang and his brand well-known.

The museum demonstrates the various processes in rice farming, including planting and grinding. Brendon tried his hand at using the stone and wooden tools for threshing and grinding rice, reminding us of rural Ningbo life a century ago.

Every month, the museum promotes a seasonal rice dish. April’s star dish could only be Qingtuan, the quintessential spring food in Ningbo.

We headed for our next stop where we would learn how to make Qingtuan, the green glutinous rice dumpling.

The food-making workshop triggered Brendon’s curiosity; he took out his phone and record a few video clips, just like our cameraman.

First, we had to prepare the rice dough. The mug wort herb was cooked in water and beaten continuously with the rice dough until the dough was smooth. Then the green dough went in-



Brendon quickly completes his first Qingtuan.

to a steamer for a few minutes before being transferred to a stone mortar.

Imitating the chef, Brendon beat and kneaded the green rice dough with a wooden hammer, his movements becoming more practiced with each pummel.

When the dough was ready, it was sectioned into small bits, flattened, wrapped around a sweet filling, dusted with pine pollen, and pressed into a patterned wooden mold. Voila! The finished products were ready to go to the steamer again.

Following Mrs. Xu’s demonstration, Brendon quickly completes his first Qingtuan.

Brendon bit into the Qingtuan and told us it tasted “Surprisingly good!”

By XieZhaoyan, Zhu Jiahong (intern)

Translator: Pan Wenjie (intern)

Proofreader: Zhao Qingchuan

Ningbo Foreign Affairs Translation and Interpretation Center



Scan the QR code get more details



## 珍惜粮食 反对浪费