

Foreign Friend Encounters Traditional Ningbo Food③

Crispy Soybean Candy

— A balance between healthiness and flavor



On May 13th, Marina from the administration office of Georgia School Ningbo accompanied us on a food-hunting trip.

A piece of sweet and aromatic crispy soybean candy – when coated with the soft, steaming-hot rice cakes or mochi – tastes extra good. In summer, after being chilled, it tastes sweet and refreshing with a special flavor. The crispy soybean candy has been popular in Ningbo for centuries. What is the secret to its charm? Let's go to a time-honored company and find out.

In Ninghai county, Ningbo, Marina from Brazil met Fan Genfen, the female founder of Ningbo Caohu Food Company Ltd., at Caohu Village, Yue-long Subdistrict. Fan's story began here when she started her own company. When business began to grow up,

she upgraded several times before deciding to relocate to a new industrial zone of Ninghai as a result of the 7th reconstruction.

In the workshop, a big order of crispy soybean candy is being processed. The historic traditional food is very delicate. Therefore, the procedure must be done manually.

After sanitization, Marina was 'fully armed' with her own work clothing and Fan took her for a visit to the workshop. At the entrance, they were greeted by a wave of soybean aroma. The workers were busy mixing soybean powder with steaming hot syrup, flattening the dough, and forming it into thin strips. Marina told us that the syrup was burning hot; "This is a tough one." But she thinks fast and managed to complete the task by fol-

lowing the instructions of a seasoned worker. She cut the candy loaf into lumps and wrapped each one with folded square paper.

It is a truism that self-made food always tastes better. Marina's soybean candy did not have a perfect appearance, but it tasted good and was widely welcomed.

"Candy from Brazil is just candy. But this is something more. It tastes more crispy and less sweet. A perfect balance of flavor and healthiness." Marina praised the soybean candy and couldn't stop talking about local delicacies in Ningbo, "I love the food here, including Jiaozi (Chinese dumpling), Chaomian (fried noodles), and edible crabs." She smiled, "they remind me of Brazil."

Foreign friends in Ningbo

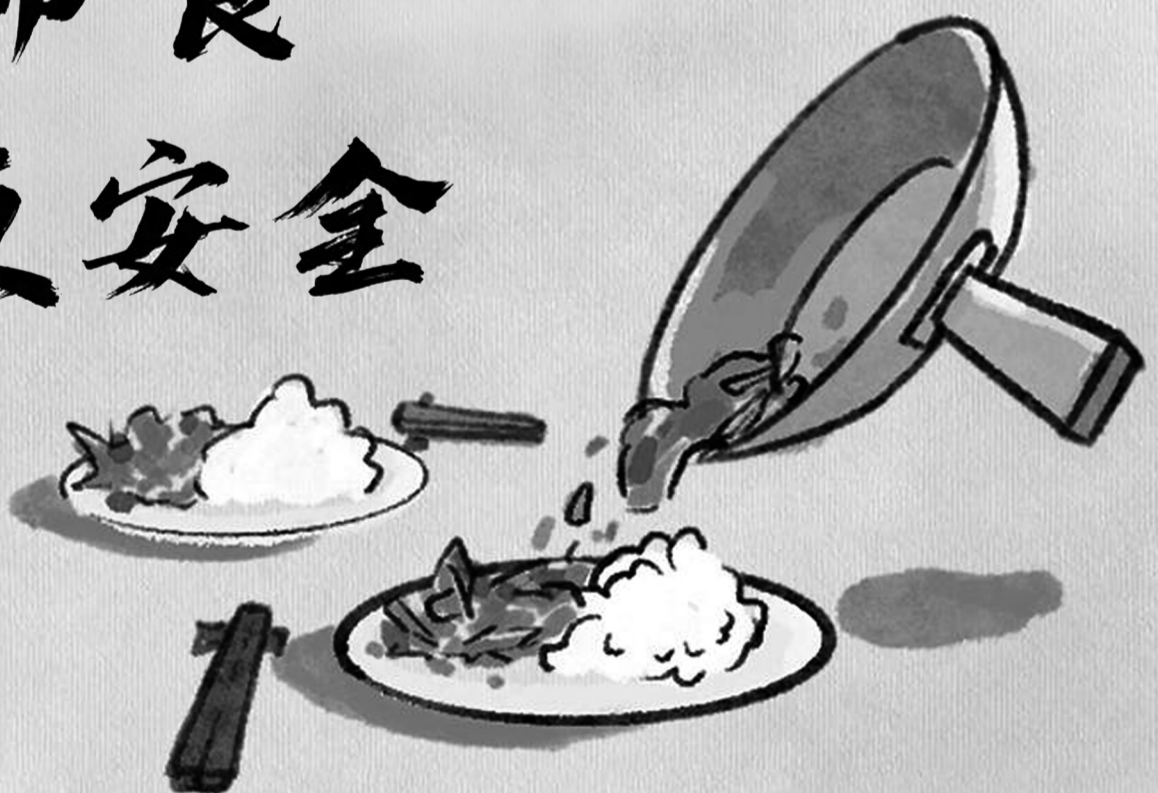
My name is Marina. I came to Ningbo from Brazil two years ago. I work for the administrative office of Georgia School Ningbo and study Chinese at the University of Nottingham Ningbo China.

I like Ningbo very much. The city is of moderate size, and it blends modernity and traditions well, presenting a harmonious atmosphere.

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