

Foreign Friend Encounters Traditional Ningbo Food③

Feature Report of Dragon Boat Festival: Here comes Alkaline Zongzi!



Learned the making of Zongzi



Brush the hair off the bamboo leaves



Handmade alkaline Zongzi are served on the table with honey, osmanthus syrup, sugar

On June 2nd, David Roderick Mahon, co-founder and honorary chairman of Georgia School Ningbo, was invited for a trip to explore the making of Zongzi.

6月2日,浙江宁波乔治亚外籍人员子女学校外方举办者、荣誉董事长马大伟应邀到奉化西坞庙后周村做手工粽子。

“Duanwu calls for a sugar-served alkaline Zongzi to appease the stomach, and a herbal sachet on the chest to repel the evilness.” For generations in Ningbo, the household celebration of Duanwu, commonly known as Dragon Boat Festival in the West, is characterized by the making of Zongzi at home. These rice dumplings wrapped in bamboo leaves have a long history tied to a rich local culture.

“白糖搵粽子,香袋挂胸前”,端午来临,宁波有家家户户包粽子的习俗,代代相传,烟火气里私藏地域文化和悠久历史。

David from New Zealand is an old friend of China. He has been to many areas across this Oriental country and tasted various local delicacies. Yet he has not tried the homemade alkaline Zongzi from Ningbo. Last week, David came to Ningbo for business. Snatching a little leisure time away from busy work, David joined us on a trip to Houzhou Village of Fenghua District and learned the making of Zongzi from Auntie Wang.

来自新西兰的马大伟,到过中国很多地方,尝过很多美食,唯独没尝过宁波的手工碱水粽。端午前,马大

伟来宁波出差,忙里偷闲,一起到奉化西坞庙后周村,跟着王妈学做手工粽子。

The authentic alkaline Zongzi must be wrapped in bamboo leaves to endow the stuffing inside with an aroma of fresh bamboo.

地道的宁波碱水粽要用竹壳包裹,自带竹笋的鲜美。

Brush the hair off the bamboo leaves carefully. Softly wash the glutinous rice with a basket.

毛茸茸的竹壳要用刷子仔细清洗,糯米用竹篮子轻轻淘洗,

David learned each step fairly fast by following Wang, whose skills are inherited from her mother and her grandmother.

一招一式马大伟都学得飞快。王妈的手艺源自她的妈妈和外婆。

Fold the leaf into a cone. “Just like an ice cream cone.” Wang showed us how she made the shape. Immediately, David made a similar one.

竹壳对折后,卷成圆锥形,王妈解释,“就是冰激凌的形状”,马大伟心领神会。

Doing business in China over 20 years, David can now speak very good Mandarin. “You’re the best teacher!” He expressed his gratitude in Chinese toward Wang for her step-by-step instructions. “You! Very good student!” In English, Wang gave a like back to David.

在中国经商20多年,马大伟的

中文相当棒,“你的普通话非常好,你是最好的老师。”王妈也开始飚英语“very good!”

David started to get the hang of it. One, two, and three! He soon worked out the third one. And to get rid of the extra long wrapping string, he bit off part of it without hesitation. “Ha! This is exactly how we do it!” Wang laughed with appreciation: “And you figured it out all by yourself.”

马大伟包好了一只,两只,三只……越来越顺手,顺势用牙齿扯断了竹壳绳,“哈哈,学到了精髓”,王妈为“洋徒弟”竖起了大拇指。

Before the zongzi is ready for a taste, it needs an 8-hour boiling and cooking period. Does it mean we have to wait for 8 hours? Fortunately, Wang had cooked some for us in advance. The steaming hot, handmade alkaline Zongzi are served on the table with honey, osmanthus syrup and dark brown sugar and crystal sugar on the side.

粽子包好,需要炖煮8个小时。王妈端出了早就煮透的碱水粽,搭配上土蜂蜜,桂花蜜,白糖等蘸料。

David unwrapped one of them and dipped it into the osmanthus syrup.

“You know what? It’s sticky, but in a good way. Quite tasty!” David nodded his head: “Seriously, I can feel the osmanthus blooming in my mouth. How did you make the syrup?”

马大伟剥开一只粽子,蘸了点蘸料,试吃一只,满口的花香,出乎意料

地美味。

Wang played a video for him to show how they meticulously collect the osmanthus and make syrup out of it.

“I’ve witnessed and tasted a lot of good things, but this is a first.” David was amazed: “And the best part is that the edible alkaline prevents you from gaining weight when you eat Zongzi with syrup.”

王妈打开手机,展示糖桂花的制作过程。见多识广的马大伟连连感叹,“我是第一次见到。”

唯一的担忧是,“会不会发胖?”

In 1991, David made his first landing in Ningbo for potential investments. And he has witnessed the rapid growth of Ningbo over the past 30 years. “I see a city of innovation, courage, and honesty in its balanced development.” David explained: “Ningbo is always creating and making breakthroughs, an investment that has led to it become the manufacturing and economic hub today. And at early stage, the city began to care for its environment.” He added: “That tells me that it is also a city of vision.” As for food, David extended his unconditional love: “I love vegetables, rice, and yellow fish soup, particularly those from Ningbo.”

1991年马大伟第一次来宁波寻找投资机会。他见证了宁波30年的变化和发展,在他的眼里,宁波是一座不断开拓创新的城市,城乡均衡发展,有环保意识,有远见,如今成为制造大市和经济强市。

对于食物,马大伟说:“喜欢宁波的时蔬、米食和黄色。”

By Xie Zhaoyan, Pan Wenjie (intern)

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