



A dumpling made of glutinous rice wrapped in bamboo leaves, Zongzi has a history of over 2,000 years. It is most famous for its connection to China's Dragon Boat Festival. This festival honors the great poet Qu Yuan who lived in the Warring States Period (403-221 BC), who being unhappy with the political situation committed suicide by drowning himself. The local people fearing that Qu Yuan's body would be consumed by fish threw Zongzi into the river to feed the fish.

Zongzi, can be filled with a variety of fillings. There are bean Zongzi, chestnut Zongzi, pork Zongzi, and lotus seed paste Zongzi, just to name a few. In China different areas have different styled fillings. Guilin, for example, has traditionally made Zongzi stuffed with taro, pork, preserved pork, and chestnuts. The best part about this traditional Chinese food is that it can be refrigerated and when wanted, just heated in a microwave.