

How to choose and preserve delicious cakes on Tet

Amidst the numerous cakes, choosing delicious cakes, ensuring food hygiene and safety, not being boiled by batteries like puzzling consumers.

Banh chung is an indispensable traditional dish in every Vietnamese New Year. There are many cakes on the market for families who have no conditions to pack banh chung at home. But amidst the numerous cakes, choosing good cakes, ensuring food hygiene and safety, not being boiled by batteries like puzzling consumers.

Harm when using banh chung boiled by battery

Normally, the traditional boiled rice cake takes a lot of time, about 10-12 hours but when a battery is put into a pot, the boiling time is shortened to about 2 hours. Many people because of saving time boiled bread has applied this way but did not expect potentially dangerous harm to the health of users.



In batteries containing many toxic heavy metals such as mercury, lead, arsenic . dangerous to the brain, kidneys, affect fertility. When putting batteries into boiled banh chung, these toxic substances will soak into the banh chung and go into the human body.

Lead poisoning can cause infertility, miscarriage, hypertension, a decrease in the child's IQ, etc. The toxins in the battery if accumulated for a long time in a human body with a high concentration can be fatal.

How to recognize boiled banh chung by battery

Leaf layer outside

Do not because of the beautiful design, but choose the buns with leaf bark outside the light green or purple color that are very eye-catching, but they are not hand-held because they are likely to be boiled with batteries. The cakes are boiled with the traditional method, because they have to cook for a long time so the leaves often turn yellow green or dark yellow.



Battery boiled rice cakes are green or purple.

Banh chung

The banh chung is boiled by traditional methods with light green or yellowish crust, turbid. With battery-powered boiled cake, crisp blue crust, gleaming, it looks more eye-catching.

Nhan banh chung

The boiled rice crackers are not smooth, not flexible, not fragrant like traditional boiled rice cakes due to being pressed quickly.

In order to avoid buying boiled banh chung by battery, you should choose to buy in reputable and branded stores. If there are conditions, we should pack banh chung at home and create a Tet atmosphere for our families and ensure food hygiene and safety.

How to preserve banh chung

Want bread to be long, not moldy you should leave in cool places, avoid moisture, dust. If the weather is hot and hot, you should store in the refrigerator compartment to avoid mold or sour.



For peeled but unused bread, you should wrap it in film before wrapping it in the refrigerator.

When taking the cake, you should steam or fry it before eating it to make it hot and soft again. If the crust is found to be moldy, it is advisable not to peel off the outer part of the cake and then fry it to eat, so it is easy to get stomach aches, digestive disorders, food poisoning.

1. How to preserve banh chung and banh Tet is long

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