

Instructions on how to pack traditional, beautiful square cakes for Tet

The following article will guide you how to pack banh chung by hand and how to pack banh chung with molds to help you have delicious and beautiful cakes for Tet.

Banh Chung is one of the traditional dishes indispensable in Vietnamese New Year, meaning the sum of the members and members of the New Year.

In the 3 days of Tet, the beautiful square cakes, green leaves, and leaves are chosen to be offered to the ancestor altar during Tet holidays. The way to pack banh chung is quite difficult, so not everyone can pack a nice square cake.

The following article will guide you how to pack banh chung by hand and by mold to help you have delicious and beautiful cakes for Tet.

1. All the things you need to prepare for the Lunar New Year 2018



Raw materials for banh chung

To get the delicious cakes you need to be careful right from the stage of choosing ingredients.



1. Glutinous rice: choose yellow glutinous glutinous rice, large round seeds, newly harvested in the crop.
2. Green beans: choose new beans, yellow intestines, unrefined seeds.
3. Bacon or shoulder meat: do not choose too lean meat.
4. Spices: salt, pepper.
5. Leaf: select the type of leaf cake (not too old, not too young), moderate size, evenly, not torn, green color.
6. Lama forced: peeled from a thin, soft, flexible tube.



Preliminary processing of leaves and leaves of banh chung package

1. Soak green beans in water for about 2 hours to hatch, then clean and remove bad seeds. Add one tablespoon of salt, mix well and bring cooked food. When the beans are hot, use a spoon to make beans to grind and then grind into each one with a moderate size. Note: You can also leave raw beans to soak them for hatching, drain and drain salt to pack.
2. The bacon is washed only, sliced into large pieces, about 2cm thick, marinated with enough spices and a little pepper to make it ripe and slightly spicy when cooked.
3. Soak sticky rice before about 2 hours before wrapping. Then take out and drain the salt and whisk the white salt, pay attention to enough salt to avoid the cake being too light or too salty.
4. If you want the cake to be greener and more fragrant, you can use small sticky rice leaves, filter the green juice to soak sticky rice.
5. The leaves are washed thoroughly on both sides and then dried in a cool place, well ventilated. Then, use a knife or pull apart the leafy portion separately. A little trick that will help you cut the leaves close to the leaves without breaking the leaves is to cut them from the middle of the leaf back to the stalk.



Method 1: Beautiful bread wraps



Step 1 : Put 2 perpendicular leaves together with the right side facing down, continue to put 2 other leaves perpendicular to each other but face up again.



Step 2 : Put a bowl of rice in the middle of the newly arranged leaf.



Step 3 : Put the green beans that have been previously taken into (or give a big green bean sprouts), then place 1-2 pieces of marinated bacon. Continue to add 1 layer of green bean and finally a bowl of glutinous rice covered over the beans and meat.





Step 4 : Fold the left and right front leaves in turn. At the right time to make sure the hand, the banh chung is beautiful. Hide the extra edges of the leaves inside, if too much, you can use scissors to cut them.

Step 5 : Use 2 fingers of each hand to squeeze the dong of the upper part into it, then fold it while the thumbs still hold the folded leaf part before. Do the same with the other end.

Step 6 : After the cake has been formed, use 4 slices to tie the cake, the leftovers are neatly installed into the paving layers. You can also put 4 liners under the line right from the first step to avoid the cake being deflected when forced.



After finishing, use your hands to gently press down to make the cake tighter.

Method 2: Quick and beautiful molded rice cake package



Step 1 : Put 4 cards in the same way as a manual package, 2 lower leaves face down right, 2 leaves on the right face up. Turn the inner mold upside down to the center of the leaf.



Step 2 : Use the dong to pack the mold again like a hand-made banh chung package above. You can see the details of the steps in the illustration.



Step 3 : When the dong is folded into a square, use the outer mold to surround the inner mold and open the leaf and lift the inner mold.



Step 4 : Put the wrapping materials in turn into the shaped leaf mold. The first is a bowl of glutinous rice spread out evenly across the mold, then green beans, marinated meat. Continue to take a turn, a turn of rice and then pack the leaves very neatly, evenly with the folds.



Step 5 : After the package is finished, use one hand to hold the leaf to fix it and gently remove the cake mold. Then use 4 units to tie the cake tightly. You remember to put the leftover layer on the layers to make the cake neat.

Method 3: The banh chung package does not need a mold with 4 lines

How to boil green and delicious banh chung

This is a very important and time-consuming stage.



Step 1 : For the leftover leaves, petioles, live the leaves on the bottom of the pot before putting the cake on to make the cake more flavorful and not burn at the bottom of the pot. Arrange the cake upright and fill it with water over the surface and place on the stove.

Step 2 : Heat the fire until boiling then reduce. The cake is always flooded when boiled so you need to prepare water for the pot of banh chung. Check the water level in the pot once every 1 hour. If the water drops, add water.

Step 3 : Boiled boiled rice cake with 12-hour firewood is cooked, not worry about being "re-rice" later.

Take out the cake and put it into many layers, use a flat piece of wood or platter to put it on, then use a heavy object just put it on top to make it smooth and beautiful.



To get the delicious and beautiful cakes in Tet days, the packers must be sophisticated and careful from the stage of choosing ingredients to the stage of boiling the cake.

In recent years, small families in the city have also packed banh chung. Although it takes a bit of effort and time, but ensures food hygiene and safety, and helps children understand more about a traditional custom of the nation, bringing Tet atmosphere closer to everyone.

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