

Proper dry soaking helps eliminate toxins

How to process dried bamboo shoots to remove all toxins and protect the health of family members?

Bamboo shoots are one of the most popular traditional dishes especially during Tet holidays. But in dried bamboo shoots contains a lot of special toxins, sulfur is harmful to human health.

So how to process dried bamboo shoots to remove all toxins and protect the health of family members?

How to choose dried bamboo shoots on Tet holiday

To get good bamboo shoots, it is very important to choose bamboo shoots. There are 2 types of dried bamboo shoots, leaf shoots and pig tongue shoots. Depending on your taste, preferences, you can choose the right type of bamboo shoots, when choosing shoots you should note:

1. Picking bamboo also preserves a characteristic odor, is light brown in color, appears amber and shiny.
2. Choose many parts of the tops, buds have the same color, short burning, no fiber.
3. When touching, there is no feeling of wet hands and can be broken.



How to soak dried bamboo shoots

Dried bamboo shoots are washed and washed, then soaked in water. During the soaking process, the shoots will produce yellow water, so you need to replace the water and rinse the bamboo shoots regularly to remove bitter compounds. The time of bamboo shoots usually lasts about 1 week.



A trick to shorten the time is that you can soak dried bamboo with rice water, bamboo shoots will bloom faster, cleaner and softer.

After soaking the bamboo shoot, wash it and put the bamboo shoots in a pot of water and boil. When the water boils, continue boiling for about 1 hour, during the cooking process, if the water in the pot is depleted, you need to add water to keep the bamboo shoots always submerged in water. Pour the basket into a basket and wash off the dark yellow water. Continue to add bamboo shoots to boil several times until the bamboo shoots are soft.



After boiling, put bamboo shoots in the basket, rinse with clean water and cut off old and small bamboo shoots or cut them to serve dishes.



So you have removed all the toxins in dried bamboo shoots and assuredly cook delicious dishes for your family to enjoy in the upcoming Lunar New Year.

I wish you all good food during Tet holidays with your family.

1. You know how to cook delicious bamboo shoots in the right way on Tet holiday

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