

## TASTE THE WORLD ~ RECIPE

Prepared by: **Taiwu Ancient Ballads Troupe** TAIWAN

### CINAVU

**Serves 8-10**

#### Ingredients

- 600 g millet
- 100 g glutinous (sticky) rice
- 100 g pork
- 8 mushrooms
- Fried shallots (to taste)
- 2 Tb vegetable oil
- 2 tsp salt + 1 Tb salt  
(to be used at different times)
- $\frac{3}{4}$  cup soy sauce
- 2 Tb oyster sauce
- 3 cups water
- A little rock sugar
- 24 *jiakuanjiang* leaves
- 12 shell ginger leaves

#### Method

Soak the millet and sticky rice in water overnight. The following day, drain and mix them together. Mix the 1 Tb salt in evenly and set aside.

After soaking the mushrooms to soften them, cut them into thin strips. Wash and cut the pork into small pieces and set the two aside.

Pour 2 Tb vegetable oil into a wok and stir fry the pork till cooked. Add the mushrooms and continue frying. Add the 2 tsp salt, 2 Tb oyster sauce, and  $\frac{3}{4}$  cup soy sauce, and then add the 3 cups of water. Cover and allow to cook until the pork absorbs the flavour.

Stir fry the shallots into the mixture, and once you can smell them, turn off the heat and place the mixture (which is the filling for the cinavu) aside.

Arrange the shell ginger leaves on a plate and then place *jiakuanjiang* leaves on top of them. Spread a layer of the millet mixture on the *jiakuanjiang* leaves. In the middle of the millet mixture, add some of the pork filling followed by another layer of the millet mixture.

First wrap each cinavu with the *jiakuanjiang* leaves, and then pull the shell ginger leaves on the bottom upward and use them to wrap the whole thing again as an outer layer. Tie them with cotton string.

Place the cinavu in enough water to completely cover all of them and cook on high heat for 1 hour.

After that, they're ready to eat!