

Lotus Seed Wikipedia

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Lotus Seed Wikipedia
A lotus seed or lotus nut is the seed of a plant in the genus Nelumbo, particularly the species Nelumbo nucifera. The seeds are used in Asian cuisine and traditional medicine. Mostly sold in dried, shelled form, the seeds contain rich contents of protein, B vitamins, and dietary minerals.

Lotus seed - Wikipedia
From Wikipedia, the free encyclopedia Lotus seed buns: this particular variety is available in many typical Cantonese restaurants as a type of dim sum. A lotus seed bun is a Chinese sweet bun found in China. They are prepared by steaming a yeast-leavened dough that contains lotus seed paste.

Lotus seed bun - Wikipedia
Lotus seed paste is a Chinese dessert ingredient made from dried lotus seeds. It is traditionally considered a luxurious ingredient.

Lotus seed paste - Wikipedia
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lotus seed - Wiktionary
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Lotus tea - Wikipedia
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Mooncake - Wikipedia
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Genshin Impact Lotus Head: Where To Find Them (Farming Guide)
Lotus seed originated in India, and considered as vegetable in some cultures. In China and Japan they sell the leaves, seeds, roots, and stems as traditional ingredients dishes. Lotus seeds also known as convenient snack that contains protein with calcium, phosphorus, manganese, iron and potassium.

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Lotus seeds: Cooking Wiki
From left to right: ginger, galangal, turmeric, and lotus root. An antique spurge plant, Euphorbia antiquorum, sending out rhizomes. Lotus rhizome sliced and peeled. Turmeric rhizome, whole and ground into a spice. Stolons growing from nodes from a corm of Crocosmia. In botany and dendrology, a rhizome (/ˈrɑːzoʊm/ , from Ancient Greek : ρῆιζ <i>ma</i> "mass of roots", from ρῆιζ "cause ...

Rhizome - Wikipedia
Description. It is a small deciduous tree or shrub reaching a height of 5–12 metres (16–39 ft), usually with thorny branches. The leaves are shiny-green, ovate-acute, 2–7 centimetres (0.79–2.76 in) long and 1–3 centimetres (0.39–1.18 in) wide, with three conspicuous veins at the base, and a finely toothed margin. The flowers are small, 5 mm (0.20 in) wide, with five inconspicuous ...

Jujube - Wikipedia
Use your lotus root slices as a vehicle for a tasty sauce. Slice your lotus root and rinse it with cold water, then pat it dry to get rid of the excess moisture. In a large bowl, mix 1 cup (201 g) of rice flour, 2 tsp (8.4 g) of chile powder, 1/2 tsp (2 g) of crushed ajwain seeds, and 1 tsp (4 g) of toasted cumin seeds.

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