

“Mứt Tỏi”, very delicious preserved fruit!

Written by Ruanyin

Monday, 24 November 2008 11:51 - Last Updated Saturday, 17 January 2009 04:09



In Vietnamese New Year party, beside traditional dishes, no family can forget to make a tray of "Mứt Tỏi", a cup of tea, betel and areca ready to entertain their visitors.

“Mứt Tỏi” refers to fruits or vegetables that have been prepared and canned for long term storage. The preparation of preserved fruit traditionally involves the use of pectin as a gelling agent, although sugar or honey may be used as well. There are various types of fruit preserves made in Vietnam, and they can be made from sweet or savory ingredients.

“Mứt” is made from all sorts of fruit, including mandarin oranges, apples, banana, coconuts, persimmons and breadfruit. Vegetables like potatoes, carrots and squash are also turned into “Mứt”, as certain types of blossoms.

The most famous variety of “Mứt” is made from rose petals or peach blossoms. The raw materials are cleaned and peeled, then soaked in sugar and cooked until dry. Other types of “Mứt” have the sticky consistency of jam. Some varieties, like “cu lac” (peanut jam) are covered with a thick layer of sugar, but most have thin layer of sugar.

The colors are often quite intense and people serve different types of “Mứt” together, arranged

“Mứt Tết”, very delicious preserved fruit!

Written by Ruanyin

Monday, 24 November 2008 11:51 - Last Updated Saturday, 17 January 2009 04:09

in a colorful display.

In Hanoi, Hang Dieu or Hang Duong Streets in Old Quarter are famous for shops that sell “Mứt”. Preserved fruits are masterpieces in these shops. They make all kinds of preserved fruit such as ginger, waxy pumpkin, apple, orange, lemon and carrot in various shapes and colours.

To welcome Tet is to welcome the spring. However, in January, which is spring time, the weather in Vietnam is still cold. It is a good idea to warm up with a cup of hot tea and a slice of preserved ginger with golden yellow colour and a special flavour...

More [Vietnamese Foods](#) :

- [“Chả Mứt” – a different taste!](#)
- [Bun \(rice vermicelli\), the origin for many Vietnamese delicious dishes!](#)
- [Come to My Tho for tasting Hu Tieu](#)
- [Strange foods - why don't you try?](#)
- [Vietnamese Cuisine](#)
- [Vegetarian eating in Vietnam – same, same but different!](#)
- [Grilled shrimp paste-a whole ocean in one bit!](#)
- [Cha ca La Vong \(grilled minced fish\)](#)
- [Hue beef noodle – the typical culinary art of Hue!](#)
- [Green Chung cake - the soul of Vietnamese Lunar New Year!](#)

“Mứt Táo”, very delicious preserved fruit!

Written by Ruanyin

Monday, 24 November 2008 11:51 - Last Updated Saturday, 17 January 2009 04:09

- [**Fish Sauce – a famous Vietnamese condiment**](#)
- [**Spring roll \(Chả giò\)**](#)
- [**My Quang \(Quang soft noodle soup\)**](#)
- [**Cao lau Hoi An \(Hoi An vermicelli\)**](#)
- [**Com hen song Huong \(Perfume River mussel cooked rice\)**](#)
- [**Banh cuon \(rolled rice pancake\)**](#)
- [**Pho \(rice noodle soup\)**](#)
- [**Corn noodles in Vietnam?**](#)
- [**Nem chua - Vietnamese fermented pork roll**](#)
- [**“Mứt Táo”, very delicious preserved fruit!**](#)
- [**“Banh gio” – Pyramidal rice dumpling**](#)
- [**“Banh khuc”, so delicious!**](#)
- [**“Cốm” - Autumn’s special gift**](#)
- [**A unique “banh xeo” in Vietnam**](#)
- [**“Ô mai” – a delicious nosh!**](#)
- [**“Banh it” - sticky rice cake**](#)
- [**“Banh Phu The”– Vietnamese conjugal cake**](#)