

## Food and Drink

**Foods eaten during the Mid-Autumn Moon Festival are chosen for their symbolism. Traditionally, those chosen are at their freshest at this time of year. Although some foods such as mooncakes are eaten in most places, other culinary traditions vary widely across regions.**

No Mid-Autumn Moon celebration would be complete without mooncakes (月餅). Round in shape to symbolise the moon, togetherness and unity, they are enjoyed with friends or family or given as gifts to show love and good wishes.



Mooncakes are a dense, sweet paste often cut into wedges to share and served with tea or wine. Traditional fillings include lotus paste, salted egg yolk, or red bean paste but fillings and design vary from region to region. What is your favourite type?

Other foods on the menu for the family reunion dinner might include round-shaped fruit such as grapes, pomegranate and oranges to symbolize family reunion; pomelos to symbolize blessings; taro for good luck and duck to provide good nutrition going in to the winter season.



Osmanthus wine (桂花陳酒) is a distilled drink made with osmanthus flowers which are in full bloom around the Mid-Autumn Moon festival. It is also known as 'reunion wine', served when family and friends gather together to celebrate.

Tea is the perfect drink to serve to complement the sweetness of mooncakes. Imperial families in ancient China would place round tea cups on tables and wait for the reflection of the full moon to appear.

