

## 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.

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### 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.

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### Lotus seed bun - Wikipedia

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

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### Lotus seed paste - Wikipedia

Lotus seed same as Euryale Ferox? Are Lotus Seed and Euryale Ferox the same? They're both known by the same name in Indian languages, "makhana". There exist two pages on them, and if they're the same, can they be merged?

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### Talk:Lotus seed - Wikipedia

lotus seed (plural lotus seeds) Any of the seeds derived from the plants in the genus *Nelumbo*, particularly the species *Nelumbo nucifera*, as used in East Asian cuisine, traditional Chinese medicine and Chinese desserts.

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### lotus seed - Wiktionary

Lotus tea is an infusion made from lotus leaves, flowers, roots, fruit, seeds, or embryos. It is known as liánchá (蓮茶, 蓮, [ljě n.tɕʰä]) in Chinese and yeoncha (연차, 蓮, [jʌn.tɕʰa]) in Korean. It is also known as trà sen in Vietnamese.

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### Lotus tea - Wikipedia

Lotus seed paste (蓮蓉, lián róng): Considered by some to be the original and most luxurious mooncake filling, lotus paste filling is found in all types of mooncakes. [citation needed] White lotus paste commands an even higher premium. Due to the high price of lotus paste, white kidney bean paste is sometimes used as a filler.

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### Mooncake - Wikipedia

Lotus Seed and Bird Egg Soup: 1 Lotus Head, 1 Bird egg, 1 Sugar; Qingce Stir Fry: 3 Mushroom, 2 Lotus Head, 1 Jueyun Chili, 1 Cabbage; Streaming Essential Oil: 1 Frog, 1 Lotus Head; The Jewelry soup will increase the DEF of all party members, the Lotus Seed and Bird Egg Soup will reduce the stamina that is reduced by sprinting for all (20-35%), and the Qingce Stir Fry will boost the ATK. So ...

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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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### 15 Proven Lotus Seed Benefits (No.13 Shocked Everyone ...)

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### Lotus seed - WikiMili, The Free Encyclopedia

Lotus seeds or Lotus nuts are the seeds of plants in the genus *Nelumbo*, particularly the species *Nelumbo nucifera*. The seeds are of great importance to East Asian cuisine and are used extensively in traditional Chinese medicine and in Chinese desserts. The seeds are most commonly sold in the shelled and dried form.

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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 *Crocsmia*. In botany and dendrology, a rhizome (/ ˈ r aɪ z oʊ m /, from Ancient Greek: rhizóma "mass of roots", from rhizóō "cause ...

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### 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 ...

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### 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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