



Run-bing 潤餅

Run-bing, also called Taiwanese Pancake, is relevant to Chinese Han Shih Festival (The Cold Food Day). Legend has it that Han Shih Festival is to commemorate a loyal and honor courtier, called Jie Zi-Tui. Jin Wen-Gong, one of the Chinese Five Hegemons of the Spring and Autumn Period, was the master Jie Zi-Tui served. Before Jin Wen-Gong became the monarch, he and his country met with misfortune and had no food supply. With the loyalty, Jie Zi-Tui cut off his flesh of legs to feed his lord. 19 years later, Jin Wen-Gong successfully ascended the throne and offered official posts to those who once was credited to help him, but forgot the most notable one, Jie Zi-Tui. At that time, Jie Zi-Tui had already been secluded with his mom. People knew that he was a kind of person who was indifferent to fame and profits, and he really had no intention to go downhill to receive those rewards. Jin Wen-Gong was afraid that people would call him ingratitude, so after he searched the mountain without his trace, he listened to other one's opinion, to set fire to the mountain in order to force Jie Zi-Tui out the mountain to receive the post. As the result, they accidentally killed Jie Zi-Tui and his mother by fire. To commemorate and mourn his loyalty and filial piety, Jin Wen-Gong told his people to eat cold food instead of setting fire to cook and set the day as Han Shih Festival. Because Jin Wen-Gong was accepted as a sage king, to appreciate what Jie Zi-Tui had done for the lord, people never set fire to cook at the day Jie Zi-Tui was burned. People only ate prepared cold food, such as date cake,

Han Shih Festival is also the Tomb-sweeping Day. In ancient time, people would eat cold food at Tomb-sweeping Day. They rolled cold vegetable into dough wrapper. It's said that in 19th centuries, nation was in unrest, so that sacrificed items/ food for ancestors couldn't be well-prepared. Hence, people came up with the idea to roll the food into the dough wrapper and gave it to ancestors as worship and respect.

Run-bing is made of a thin dough wrapper, and it's stuffed up with spring-abound ingredients, such as sprouts, leek chives, celery, coriander, shreds of bamboo shoots, and carrot with smoked bean curd, shredded meat, squid, and egg skin in shred, etc. Spread peanut powder, powdered sugar, and crispy seaweed in the roll. There is more moisture content in vegetable, so that as the run-bing is rolled, it should be eaten immediately, or the wrapper would be damped and easily fallen apart. In addition, it's more fun to roll it by yourself in order to pick your favorite ingredients and make your own flavor of run-bing!