

Traditional Lucky Foods for Lunar New Year

4 Easy Dishes for a Meaningful Lunar New Year Meal

Lunar New Year dinner is a simple ritual. What you cook represents the wishes you carry into the year ahead.

Lucky Foods and Meanings

Dumplings

Wealth and prosperity

Longevity Noodles

Long life and good health

Whole Fish

Abundance and surplus

Nian Gao (Sticky Rice Cake)

Growth and a higher year ahead

Shopping List

Proteins and Produce

- Ground pork or chicken
- Whole fish
- Napa cabbage
- Green onions
- Garlic
- Ginger

Pantry

- Dumpling wrappers
- Long noodles
- Soy sauce
- Oyster sauce
- Sesame oil
- Cooking oil
- Sugar or brown sugar
- Glutinous rice flour or nian gao mix

60 to 90 Minute Cook Plan

0 to 10 minutes

Prep all ingredients

10 to 30 minutes

Assemble and cook dumplings

30 to 50 minutes

Cook whole fish

50 to 70 minutes

Cook longevity noodles

70 to 90 minutes

Cook or pan-fry nian gao

Simple Serving Tips

- Serve the fish whole
- Leave a small portion for surplus
- Use red or gold accents

A Simple Wish

May this meal bring luck, warmth, and a hopeful beginning.

Happy Lunar New Year 🍀