

Li Hing Mui



The flavor sensation, *li hing*, has been around for years but where did it come from?

In China it is called *huamei* but, in Hawaii we call it *li hing mui* which literally means traveling plum in Cantonese. The dried plum makes it easy to carry with you as a mouth-watering tasty snack. Originally from Guangdong Province, fruit is dried and covered with a sour powder which consists of dried plum skin (grounded), red food coloring, salt, licorice, and sugar. In the early 1900s, the Chinese in Hawaii started to import the many different varieties of *li hing mui* and sell it in convenience stores in large glass jars. These stores were known as “crack seed” stores. A local favorite for years, the *li hing* powder is now sold separately so that you can add that flavor to just about any type of food item.

