

**Affordable, Hands-on Cooking Classes
Corporate Team Building
Private Cooking Events**

Traditional Chinese Dumplings



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Dumpling Dough

Makes about 45 Dumplings

Ingredients

250g unbleached all-purpose flour

120g warm water

Special equipment:

Wok

Bamboo steamer**

Parchment paper liners

Rolling pin

Cooking Instructions

Making the Dough

- Place the flour in a medium bowl. Add water, little at a time, mixing constantly with your hands until a stiff dough comes together. Dip your fingers lightly in flour if your dough feels too dry at this point.
- Continue kneading the dough until it is smooth, 8-10 min. (This kneading step is important, it helps develop tender dumpling wrappers)
- Put the kneaded dough into a clean bowl and cover it with a damp towel. Let the dough rest in a warm place for 2 hours. (It can rest for up to 5 if you need it to.)
- Once rested, knead the dough again for 3-5 minutes and cut it into two, roughly even pieces.
- Roll each piece into a 1-inch diameter log (roughly 12 inches long). Let the logs rest on a lightly floured surface, covered with a damp tea towel, for 30 minutes while you prepare your filling

Rolling the Dumpling Wrappers

- Cut each log into roughly 20-22 equal pieces (about 8-10g each). Press each ball (cut side down) into a disc shape. Toss the discs lightly in flour, cover and place in a bowl. To roll the dumpling wrappers, dust your countertop lightly with flour.
- Keeping what you are not working with covered, dust each disc lightly with flour, then roll one disc at a time into a thin circle roughly 8cm in diameter (with the edges thinned out).

Filling and Sealing the Dumplings

- Holding the dumpling wrapper in one hand, place a tablespoon of filling in the center of the rolled out round of dough.
- If your wrapper seems dry, dip a finger into some water and lightly moisten the edge of the top half of the circular wrapper.
- Fold the wrapper in half around the filling and pinch the top of the half circle together.
- Continue sealing the edges, either by simply pressing or by using the ruffling technique. (Be sure to pinch the seam tightly to seal the filling inside.) Place dumplings directly on a parchment lined steaming basket or on a parchment lined tray if freezing for later use. Keep them covered at all times.

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Dough Cooking Instructions- Continued

To Make Boiled Dumplings from Fresh or Frozen Dumplings

- Bring a pot of water to a boil.
- Add the dumplings and stir the water gently until the water starts to boil again.
- If your dumplings are fresh, cook them for 5 minutes (1 minute longer than it takes for them to float).
- If your dumplings are frozen, boil them for 7-8 minutes, until nicely swollen.
- Remove the dumplings from the water using a slotted spoon.
- Serve immediately with dipping sauce.

To Make Pot-stickers from Fresh or Frozen Dumplings

- Heat a tablespoon of oil in a non-stick skillet over medium-high heat.
- Once the oil is hot, place the pot-stickers into the skillet, with the seam side standing straight up, making sure that they are close but not touching.
- Let the pot-stickers sear for 1-2 minutes.
- Add 3 tablespoons of water to the skillet. Cover the pan immediately and reduce the heat to low. Steam the dumplings until all the water has evaporated. The pot-stickers should look opaque and noodle-like, and the filling should be heated through. This will take 5 minutes from fresh or 7-8 min from frozen.

Dough Cooking Instructions- Continued

- Remove the lid and flip one pot-sticker over to see if the bottom side is nicely golden. If it isn't, turn the heat to medium-high, and cook until the bottom sides are golden.
- Transfer the pot-stickers to a plate and serve immediately with dipping sauce.

Steaming Dumplings in a Bamboo Steamer

- Steaming is a much faster method as you only need to bring a few cups of water to a boil instead of an entire pot. Texturally, it'll also leave the skins a little stretchier and firmer. It does require the use of a bamboo steamer for your wok or pot. It's a worthwhile investment if you do any amount of Asian cooking.
- Pour a few cups of water in a large wok making sure there is at least 2 inches of water in the wok. Cover the wok and bring the water to a hard boil.
- Dumplings (especially frozen dumplings) will stick to the bamboo inside a steamer, so you need to line it first. If you've got some Napa cabbage in the fridge, the leaves make great steamer liners. Alternatively, you can use parchment paper with holes made in it to make a breathable non-stick surface. Place your dumplings, then set the steamer on top of the wok full of boiling water. Steam the dumplings on full steam until cooked through, about 10-12 minutes, depending on the size of the dumplings and the filling.

If Freezing the Dumplings for Later

- Arrange your filled, un-cooked dumplings in a single layer on a parchment lined platter or baking sheet, freeze. Once your dumplings have frozen solid in about 2 hours, transfer them to an air-tight container or Ziploc bags

Note: Dumplings will keep in the freezer for up to 3 months

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Spinach and Tofu Filling

45 Dumplings

Ingredients

250g Chinese spinach, discard roots and most part of the stems and rinse well
4 large dried shitake mushrooms, soak overnight in water
1/4 teaspoon salt
1/4 teaspoon ground white pepper
3/4 teaspoon sugar
1 1/2 tablespoons soy sauce
1 tablespoon sesame oil
1 tablespoons vegetable oil
1 tablespoon finely minced fresh ginger
1/3 cup finely chopped carrot
90g firm tofu (Tau Kwa), finely chopped
2 teaspoons cornstarch dissolved in 1 tablespoon water
1/2 cup chopped Chinese chives or scallions (white and green parts)

Cooking Instructions

- To make the filling, bring about 1.5 L water to a boil, Add spinach and let it wilt for about 60 seconds, drain, rinse with cold water, and drain again to retain color. To remove excess moisture, squeeze the spinach in your hands over the sink. When you are done, there should be about 1/2 cup firmly packed spinach. Chop coarsely on a chopping board, set aside.
- In a bowl, rinse and soak dried shitake mushrooms overnight in 2 cups water. Once soaked, reserve soaking liquid, squeeze excess water out from mushrooms and stem them, then chop finely.
- Combine 1/4 cup of the reserved mushroom soaking liquid, salt, white pepper, sugar, soy sauce, and sesame oil. Stir to dissolve the sugar. Set this flavoring sauce aside.
- In a wok or large skillet, heat vegetable oil over medium heat. Add the ginger and stir-fry for about 30 seconds, until aromatic. Add the spinach, carrot, mushrooms, and tofu. Stir to combine and then pour in the flavoring sauce. At first, all the liquid will seem to have been absorbed, but after 2 minutes, there will be a little bubbling liquid in the skillet. At that point, give the cornstarch mixture a final stir and stir it into the filling. When the mixture thickens, turn off the heat and add the Chinese chives. Transfer to a bowl and set aside to cool completely before assembling the dumplings. You should have about 2 cups of filling. (The filling can be prepared 1 day in advance and refrigerated. Bring it to room temperature before assembling the dumplings.)

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Shrimp Filling

45 dumplings

Ingredients

250g peeled, deveined prawns, roughly minced
1 tablespoon soy sauce or ½ teaspoon salt
50g bamboo shoots (diced)
50g water chestnuts (diced) - each peeled chestnut weighs about 15-20g
2-3 spring onions (finely sliced)
1 teaspoon Shaoxing wine
1 teaspoon sesame oil
1/2 egg white
1 teaspoon of potato starch (or corn flour)
½ teaspoon sugar
white pepper, to season

Cooking Instructions

- Place prawn mince in a bowl; add soy sauce or salt - stir with chopsticks or using your fingers (only in one direction) for 5-6 minutes until sticky.
- Add the bamboo shoots, water chestnuts and spring onion to the prawns.
- Mix, then add the Shaoxing wine, sesame oil, egg white, potato starch, sugar, and season with a generous pinch of white pepper – stir well.
- Cover with cling film and leave in the fridge for at least 30 minutes, before filling dumplings.

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Egg and Chive Filling (Try this at home!)

45 Dumplings

Ingredients

1 tablespoon vegetable or coconut oil, for scrambling
3 eggs
1 bunch Chinese chives (100g), chopped
white pepper, to taste
1 teaspoon sesame oil
1 tablespoon light soy sauce

Cooking Instructions

- On medium flame, heat a tablespoon of oil in a wok. Whisk together eggs and scramble them in hot oil, set aside.
- Mix together chopped chives, scrambled eggs, and pepper along with sesame oil and soy sauce. Set aside. Use cooled filling in dumplings.

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Chicken Filling

45 Dumplings

Ingredients

4 dried shitake mushrooms, soaked overnight in water
1/2 block (150g) smooth Chinese tofu
240g ground chicken thighs (chicken can be replaced with minced pork with 25% fat content)
2 tablespoons light soy sauce
2-3 spring onions or 12-15 Chinese chives, chopped
1 teaspoon grated garlic
1 teaspoon grated ginger
1 teaspoon sesame oil
1 tablespoon Shaoxing wine, optional
1 teaspoon dark soy sauce, optional
½ teaspoon sugar
3 dashes ground white pepper

Cooking Instructions

- To reconstitute dried shitake mushrooms, rinse dried mushrooms under cold water. Soak them overnight in a bowl full of water. Before using, squeeze water out, discard stems and finely chop mushroom heads.
- Place tofu on another paper towel and let it drain for 20 minutes.
- Place chicken mince in a large bowl and add soy sauce – mix with chopsticks or using your fingers (only in one direction) for 5-6 minutes until sticky.
- Next, add mushrooms, chopped spring onion, garlic, ginger, sesame oil, Shaoxing wine, dark soy sauce, sugar and white pepper- stir well. Finally add crumbled tofu – stir it in. This will be the dumpling filling – you can do this step ahead of time if you like

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Dipping Sauce

Ingredients

1/3 cup (80 ml) soy sauce
2 ½ tablespoons rice vinegar
1 teaspoon chili oil or 1 finely chopped red chili
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1 tablespoon ginger, cut into matchsticks

Cooking Instructions

- In a small bowl mix all ingredients together. Taste and adjust flavor as needed.

****Tips on how to wash a new bamboo steamer here - *Before using for the first time:*** Wash all pieces with hot soapy water, rinse well and then soak in hot water for 30 minutes. After soaking, steam all baskets and lid for about 30 minutes (while empty). Allow to fully air dry before storing. These are not dishwasher safe.

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