

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

## **Xiao Long Bao**



**Youtube video:** <https://www.youtube.com/watch?v=Pm9mcDEOLiQ>

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## Xiao Long Bao

Makes about 45 Dumplings

### Ingredients

#### FOR THE JELLY

400 g pork skin  
a bunch of spring onion  
6-7 slices ginger  
1 tablespoon Shaoxing Chinese cooking wine  
2 teaspoons sugar  
1 teaspoon white pepper  
1 teaspoon salt, or to taste

#### FOR DUMPLING WRAPPERS

2 cups or 250g unbleached all-purpose flour or high protein flour  
1/2 teaspoon salt  
120g warm water

#### SAUCE

1/8 cup spring onion bulbs  
4 slices ginger  
3 tablespoons (45ml) water

#### FOR THE FILLING

200g ground fatty pork (with about 25% fat)  
2-3 chopped spring onions  
1/4 cup minced carrot  
1/4 cup minced cabbage  
1 teaspoon dark soy sauce  
1 teaspoon white sugar  
1 teaspoon sesame oil  
1/2 teaspoon salt or to taste  
1/4 teaspoon ground white pepper

#### FOR THE DIPPING SAUCE

some shredded fresh ginger  
¼ cup white vinegar or Ching Kiang black vinegar  
1 tablespoon plus 1 teaspoon soy sauce  
1 teaspoon chili oil (Lao Gan Ma), optional

#### MAKING THE JELLY

- Blanche pork skin in hot boiling water for 5 minutes to get rid of the smell and to make the fat on it visible. Rinse the skin thoroughly with cold water, then skim the fat off using a sharp knife. Discard fat. Cut the skin into thin strips.
- Prepare a saucepan of water (1.8 L of water). Put in your pork skin strips. Bring it to the boil, then reduce heat to medium. Cover partially and stew on medium heat for 1 hour.
- After 1 hour, add a bunch of spring onion, sliced ginger, Chinese cooking wine, sugar, white pepper, and salt. Keep stewing on medium heat for another hour.
- Strain the broth into a container. After stewing, you should have about 400ml broth left. Cover and refrigerate for at least 6 hours. Skin has a lot of collagen, which dissolves in water during stewing. When the temperature goes down, it turns into a solid jelly.
- Carefully mince the jelly using a sharp knife. Make sure there are no big chunks. Try working in a cool room and avoid touching the jelly. Use it immediately.

#### MAKE THE DUMPLING WRAPPERS

- Place the flour and salt in a medium bowl. Add warm water, mixing and kneading with your dominant hand until a stiff dough comes together.
- Knead 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 30 minutes. Knead it again for a few minutes and let it rest again for another half an hour.
- Once rested, knead the dough again for 3-5 min and cut it into two, roughly even pieces.
- Roll each piece into a 1-inch diameter log (roughly 12 inches long). Let the dough logs rest on a lightly floured surface, covered with a damp tea towel, for 30 minutes while you prepare your filling.

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#### Cooking Instructions Continued

#### MAKING THE FILLING (enough to make 25-30 dumplings)

- To make sauce: Place chopped spring onion bulbs and sliced ginger in a tall cup with 3 tablespoons water and blend well using a hand-blender until smooth. Strain the sauce into a bowl.
- Pour the sauce into the ground pork. Stir well.
- In a large mixing bowl, place minced pork, spring onions, white sugar, dark soy sauce, sesame oil, salt and white pepper. Stir well in one direction for about 6 minutes until sticky.
- Add the vegetables into the meat, stir. You can also switch carrot and cabbage with other vegetables like water chestnuts or radish.
- Last step is to mix it well with the finely chopped minced jelly. Set it aside in the refrigerator to chill before use.

#### CLOSE THE DUMPLINGS

- Cut each log into roughly 20-24 equal pieces (about 8-10g each). Place each piece cut side down, squeeze gently into a circle, then press down into a circular disc. Dust lightly with flour, then cover and set aside. To roll the dumpling wrappers, dust your counter-top lightly with flour.
- Keeping what you are not working with covered, roll one disc (also lightly dusted with flour) at a time into a thin circle roughly 8-10cm in diameter. Thin out the edges.
- Take a wrap and put enough meat so it's almost full. I put a little bit more than a tablespoon.

Place the dumpling on the dusted counter, hold a corner of the edge between the index finger and thumb of your right hand. Create pleats using your left hand and pinch them using your right hand. Continue doing this all the way around. One important note is that your thumb never leaves the first pleat. In the end, you twist and seal to create a tiny hole on top for steam to rise. Or simply seal the top like DTF does.

#### FREEZING DUMPLINGS FOR LATER

- Arrange your filled, un-cooked dumplings in a single layer on a parchment-lined tray or baking sheet. Keep them covered with a tea towel. Freeze. Once your dumplings have frozen solid in about 2 hours, transfer them to an airtight container or Ziploc bag. Frozen dumplings keep well for up to 2 months.
- To steam, place frozen dumplings in a bamboo steamer lined with parchment paper (with holes) and steam for 12-14 minutes, depending on the thickness of your pastry. Serve hot.

#### STEAM

(You do this as soon as possible after closing the dumpling)

- Line a large bamboo steamer (about 11 inches wide) with dumpling liners (parchment paper with holes).
- Place dumplings on the liner, leaving some space between the dumplings. Make sure to keep them covered all along, and steam within half an hour of folding them (especially in hot humid weather) or freeze them as per instructions above.
- In a large wok bring a few inches of water to a hard boil. Place the filled bamboo steamer on it and let it steam it for 8-10 minutes on high heat, depending on the thickness of your pastry. Serve hot!

#### DIPPING SAUCE

- Mix together dipping sauce ingredients. Serve with steamed Xiao Long Bao

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### **To make quick and easy chicken stock jelly:**

400ml chicken stock

2 tablespoons gelatin powder (use double the amount mentioned on your gelatin pack as you require thick jelly for the above recipe)

Bring chicken stock to a boil. Dissolve gelatin in a few tablespoons of hot stock. Pour it into the rest of the stock. Mix well using a whisk. Place it in a container, let it cool, cover, and refrigerate for about 6 hours until solid. Use as above.

**\*\*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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