



# ***A Taste of Culture***

## **Jen's Homemade Dumpling Recipe**

### **INGREDIENTS**

#### **Dumpling Wrappers**

2-3 pkg Dumpling or Gyoza Wrapper

#### **Pork Dumpling Filling**

8 oz ground pork

1-2 cups Chinese chives, finely chopped

5-6 cloves garlic, chopped

1 Tbs ginger, minced

2-3 Tbs oyster sauce or light soy sauce

1 Tbs sesame oil

1-2 Tbs fish/anchovy sauce (or Chinese cooking wine or Shaoxing rice cooking wine)

1/2 cup Napa cabbage, finely chopped (optional)

#### **Vegetarian Dumpling Filling**

1 cup Shiitake mushrooms, finely chopped

5-6 cloves garlic, finely chopped

1-1.5 cups rice noodle sticks, cooked and finely chopped

1 cup wood ear mushrooms, finely chopped

1 cup Chinese Chives, finely chopped

1 cup marinated firm tofu/teriyaki firm tofu, finely chopped

2-3 Tbs light soy sauce

1 Tbs sesame oil

1-2 Tbs Chinese cooking wine or Shaoxing rice cooking wine

### **DUMPLING FOLDING INSTRUCTIONS**

1. Mix all the filling ingredients together. (Store half of the mixture in fridge while working with the other half. The filling is best when cold; liquid will start to form when it becomes too warm and it's more difficult to fold the dumplings.)
2. Take a dumpling wrapper and dip your index or middle finger into a small bowl of water and wet the edges of the dumpling wrapper. Be sure to keep the center dry. The water will act as a glue to seal the dumpling.
3. Take a quarter-size dollop of filling and place in the center of the dumpling wrapper. Be sure not to overfill as this will cause the wrapper to rupture when cooking.
4. How to fold: there are many ways to fold dumplings, but they should resemble a crescent moon shape. <https://youtu.be/YAcMQWqVln0>
5. Lightly flour a cooking sheet/tray and place the dumplings on the tray.

*Folding Tip:* make sure to seal the dumpling edges/corners properly so that the filling doesn't leak when cooking.

**DIPPING SAUCE INSTRUCTIONS:** Mix equal portion of vinegar and soy sauce with finely sliced ginger. For a bit of a kick, add garlic chili sauce and/or crispy chili oil.

## COOKING INSTRUCTIONS (3 METHODS)



### Boiled:

- Fill a pot about halfway with water. Once it comes to boil, put dumplings in and occasionally stir gently. Do not overcrowd the pot with too many dumplings.
- When they float to the top, they're done cooking.
- Remove the dumplings with a mesh stainless steel strainer or slotted spoon.
- To cook more dumplings, you can add to the same pot of boiled water as desired.
- Add boiled dumplings to your favorite bowl of udon or ramen noodles or enjoy them straight like wontons.

### Pan Fried/Potstickers:

- Put 2-3 Tbs olive oil into a frying pan on med-high heat; make sure the oil is evenly spread throughout the pan. You'll know the oil is heated sufficiently if it sizzles when placing dumplings into the pan.
- Place dumplings in a circular ring around the pan (starting from the outside edge and working inward). The dumplings should face the same direction and "hug" each other or placed closely together.
- Add 3 Tbs of water (more if needed) and quickly cover the pan. Do not lift the cover during this time. Steam for 2-3 min until the bottoms are crisp, caramelized and golden brown. If they're not quite golden brown, or there's still more liquid in the pan, put the cover back on for 1-2 minutes.
- Remove the cover and let the dumplings cook for another 1-2 minutes.
- Once the potstickers are fully cooked, put a large plate (slightly bigger than the size of the pan) over the pan and carefully flip the dumplings onto the plate so the ring placement is intact and you can see the caramelized bottoms on top. Alternatively, you can use tongs to transfer the dumplings onto a plate. Serve with dipping sauce.

### Steamed:

- Line a bamboo steamer or any steamer with a cheese cloth or other porous liner (this prevents the dumplings from sticking to the steamer).
- Trim the stems of several Napa cabbage leaves then place in a single layer on top of the liner. Using less of the stem will give you more room for the dumplings to cook. The cabbage also gives the dumplings extra flavor when cooking.
- Boil water in a big pot or wok; once boiled, put your steamer rack in first then the baskets or bamboo steamer on top with the lid on.
- Steam about 10 min until cooked. Serve with dipping sauce.

### Freezer Storage Tip:

You can also store the dumplings to cook and eat later! Freeze them in the floured tray for about 30 min, then store in a zip lock bag of 25 or 50 and keep in the freezer. They do not have to be thawed before cooking. Frozen dumplings last about 3-4 months.