

## **Dumplings from Scratch**

Prep Time: 4 hours

Cook Time: 20 minutes

Total Time: 4 hours 20 minutes

Servings: 70 to 80 small dumplings

Ingredients

### **Dumpling Dough**

4 cups all-purpose flour

1 cup plus 2 tablespoons water at room temperature

### **Dumpling filling (About 4 cups preferable dumpling filling)**

Instructions

#### **To prepare the dough**

1. Add flour into a large bowl. Slowly pour the water into the bowl, mixing them together with a pair of chopsticks.
2. When the water is mixed with the flour, dust both hands with flour and start kneading to form dough. The dough will be quite tough and should easily be able to be lifted from the bowl without sticking to the bottom.
3. When dough has formed, dust the working surface with flour and dust hands again. Transfer the dough to the working surface and continue to knead it until its surface becomes smooth, about 10 minutes.
4. Rinse a clean dish towel with water. Dust the bottom of a large bowl with flour and transfer the dough into it. Cover bowl with the damp dish towel and a lid (or plastic wrap). Let the dough rest for 2 hours. You can let the dough rest longer, 4 to 5 hours.
5. After resting, the dough will be softened and have a smooth texture. Dust the working surface and your hands with extra flour and transfer the dough onto the surface. Knead the dough repeatedly for another 3 to 5 minutes, until the dough hardens again. Let the dough rest for about 30 minutes (or longer).

#### **During this time, you can prepare the dumpling filling**

##### **To make dumplings**

1. Dust the working surface again and transfer the dough onto it. Slice 1/6 of the dough off and place the rest back to the big bowl. Cover it with the damp dish towel.
2. Roll the dough into a long stick 1 inch in diameter. Use a knife to cut the dough stick into about 12 small doughs, each weighing 0.4 to 0.5 oz.
3. Slightly dust both sides of each small dough with flour. Work on them one at a time.
4. Dust the working surface again. Take one dough and press it to a round disc. Roll it with a rolling pin into a round sheet (refer to the video to see how). Try to roll it so that that the edge is thinner than the center. The wrapper should be about 1 millimeter thick (i.e. almost same as the thickness of a CD), and the diameter should be about 7 centimeters. It is ok if the wrapper is not perfectly round.
5. Starting here, you should work as quickly as you can, because the wrappers will dry out quickly. And if they do, you will find it very difficult to seal the dumplings later. If the wrappers dry out when you start to fold the dumplings, brush a bit of water over the edge so you can still seal the dough.

6. Scoop about 1 tablespoon (or less, so you can easily fold the dumpling) of dumpling filling and place it in the center of the wrapper. Hold the dumpling with one hand and start sealing the edges with the other hand (refer to the video to see how to fold a dumpling). Be careful, when you press the edges together to seal the dumpling, do not let filling touch the sealing area (the dumpling will fall apart if you do). After folding, press edge again to seal well. You don't need to fold beautiful dumplings here; our goal is to make the dumplings hold their shape during boiling.
7. Place the dumplings on the working surface and work on the rest of the doughs in the same manner.
8. Try to wrap and cook dumplings in small batches (20 to 25 dumplings at a time). If you won't cook dumplings soon after wrapping (within 30 minutes), freeze them first (refer to the session "to store dumpling" below). If you want to know the reason, read the session of "Things you should take note of" above.

### **To cook boiled dumplings**

Bring a large pot of water to a boil.

1. Carefully add dumplings one at a time into the water. Use a big ladle to stir the water gently and continuously, until the water starts to boil again, so the dumplings won't stick to the bottom, for about 1 minute. Adjust the heat so the water is at boiling point, but isn't bubbling too fiercely.
2. When the dumplings float to the surface, continue boiling until the dumplings are filled with air and swollen, and the dough starts to become transparent, about 1 minute (\*see footnote 3). Immediately transfer all the dumplings to a plate.
3. Be careful, the dumplings cook quickly and you should always stand beside the pot throughout the boiling process. When the dumplings are cooked, they will start to fall apart within seconds, so transfer them as soon as possible.

### **To cook potstickers**

4. Heat a tablespoon of oil in a nonstick skillet over medium high heat. When oil is hot, place potstickers in the skillet, pleat side up.
5. Swirl 2 tablespoons water in the skillet, cover immediately, and turn the heat to medium. Cook covered until the water is evaporated and potstickers are cooked through, 3 to 4 minutes.
6. Remove the cover and flip one potsticker to see whether the bottom side is charred. If not, turn to medium high heat and cook until the bottom side turns golden brown.
7. Transfer the potstickers to a plate.

### **To freeze raw dumplings**

If you plan to store dumplings or won't serve them immediately, always freeze them uncooked. It won't affect the texture or flavor of the dumplings.

Dust the bottom of a big airtight box with a thin layer of flour. Place the dumplings, one finger's width apart. Store in the freezer for up to 2 months.

### **To cook frozen dumplings**

Bring a large pot of water to a boil. Add dumplings into the water. Use a big ladle to stir a few times. Cover and cook until the water starts to boil again. Adjust the heat so the water will keep boiling without spilling. Cover and cook for 3 minutes (up to 5 minutes for bigger dumplings). Uncover pot. Continue to cook for about 1 minute (up to 2 minutes for bigger dumplings), until cooked through. Transfer to a plate immediately.

### **To store and reheat cooked dumplings**

Store leftover boiled dumplings in airtight container in the fridge and consume as soon as possible, within 1 to 2 days.

**To reheat in microwave** - Add dumplings into a bowl and sprinkle with a few drops of water. Cover and heat until warm.

**To reheat by steaming** - Place dumplings in a bowl. Place a tall-rimmed plate upside down in a pot and add water to cover. Place the bowl of dumplings on top. Heat over high heat until water is boiling. Continue cooking for 5 minutes.

**To pan fry** - Grease a nonstick skillet with a thin layer of oil and heat over medium heat. When skillet is hot, add dumplings. Swirl in a tablespoon of water, cover immediately, and cook for 2 to 3 minutes.

## Dim Sum Recipe

Prep Time 35 mins

Cook Time 15 mins

Total Time 50 mins

Servings: 5 people

### Ingredients

- 11 oz ground pork
- 11 oz ground shrimp
- 5 tbsp soy sauce My recommendation Kikkoman Soy Sauce
- 2 tsp oyster sauce
- 2 tsp sesame oil
- 2 tsp sugar Brown sugar gives an intensive Flavor
- 1 tsp salt sea salt or table salt
- 20 pieces wonton skins Choose a package that has a darker color
- 2 chili peppers
- 1 minced onion

### Instructions

1. Take a food processor and grind the shrimp. Add the ground pork and the rest of the ingredients, to mix everything well
2. Take the wonton skins and place between your thumb and the forefinger
3. Add the filling in the middle and carefully push up the rest of the skin and push with a teaspoon the filling. Flat the base so the dim sum can sit straight on the steamer.
4. Put the dim sum in the bamboo steamer basket, cover and steam for about 12 min
5. Serve with soy sauce



## Guotie with Meat and Cabbage Filling

Yield 3 Servings

### INGREDIENTS

#### FOR THE FILLING

- 7 oz minced meat (pork, beef, or chicken)
- 14 oz cabbage
- 1 tsp salt
- 1 tsp cooking wine
- 1 tsp soy sauce
- 2 tsp peanut oil
- 1 tsp sesame oil
- 2 tbsp shallots, chopped
- 1 tbsp ginger, chopped

#### Directions

- Mix meat, cooking wine, soy sauce, salt, two tablespoons of water.
- Leave the meat to rest for a while, then add the peanut and the sesame oil, and stir in the diced cabbage, the ginger, and the scallions.
- Fill the center of each circle of dough with the meat mixture, then pinch together the two opposite sides of the dough to seal.
- Arrange the guotie in a heated, greased pan.
- Fry until the bottom of the guotie catches color. Then pour in a mixture of a teaspoon of flour and half a bowl of water, and cover with a lid.
- Cook until the water evaporates and no longer hear crackling sounds.
- Serve hot, bottom side up, with the dipping sauce on the side.



#### Dipping Sauce:

- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons sesame oil
- 1 scallion, finely chopped
- A pinch of crushed dried red pepper

Mix ingredients together and serve with Guotie

## **Pot-Stickers**

YIELD 8 appetizer servings

### **INGREDIENTS**

- ¾ pound ground pork or other meat
- 1 cup minced cabbage
- 2 tablespoons minced ginger
- 1 tablespoons minced garlic
- 6 scallions, the white and green parts separated, both minced
- ½ cup plus 2 tablespoons good soy sauce
- 48 dumpling wrappers
- 1 egg, lightly beaten in a bowl
- 4 tablespoons peanut oil or vegetable oil, more or less
- ¼ cup rice vinegar or white vinegar

### **PREPARATION**

1. Combine meat, cabbage, ginger, garlic, scallion whites and 2 tablespoons soy sauce in a bowl with 1/4 cup water.
2. Lay a wrapper on a clean, dry surface, and using your finger or a brush, spread a bit of egg along half of its circumference.
3. Place a rounded teaspoon of filling in center, fold over and seal by pinching edges together. (Do not overfill.)
4. Place dumplings on a plate; if you want to wait a few hours before cooking, cover plate with plastic wrap and refrigerate. Or freeze, for up to two weeks.
5. To cook, put about 2 tablespoons oil in a large nonstick skillet and turn heat to medium-high. A minute later, add dumplings, one at a time; they can touch one another, but should still sit flat in one layer.
6. Cook about 2 minutes, or until bottoms are lightly browned and most of the oil has been absorbed.
7. Add 1/4 cup water per dozen dumplings to pan, and cover.
8. Lower heat to medium, and let simmer about 3 minutes.

### **To make the dipping sauce**

1. Combine remaining soy sauce, green parts of scallions and vinegar.
2. Uncover dumplings, return heat to medium-high and cook another minute or two, until bottoms are dark brown and crisp and water evaporates. (Use more oil if necessary.) Serve hot, with sauce.

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