

## **Asian Dumpling Virtual Class**

Class Date: October 28, 2020 4PM-5:30PM ET

### **Dumpling Dough**

Servings around 25 dumplings

2 cups all-purpose flour

1/2 cup plus 1 tablespoon 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 in the water and mix together with a spatula or spoon.
2. 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.
4. 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 up to 5 hours.
5. After resting, the dough will be softened and have a smooth texture. Dust the working surface and your hands with flour and transfer the dough onto the surface. Knead the dough for another 5 minutes until the dough hardens again. Let the dough rest for about 30 minutes (or longer).

#### **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 into the 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. Try to roll it so that that the edge is thinner than the center. The wrapper should be about 1 millimeter thick and the diameter should be about 3 inches. 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. 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.

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### Dim Sum Recipe

Servings: 5 people

#### Ingredients

- 11 oz ground pork
- 11 oz ground shrimp
- 5 tbsp soy sauce
- 2 tsp oyster sauce
- 2 tsp sesame oil
- 2 tsp sugar Brown sugar
- 1 tsp salt sea salt or table salt
- 15 pieces dough circles
- 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 dough circles and place between your thumb and the forefinger
3. Add the filing in the middle and carefully push up the rest of the skin.
4. Flatten the base so the dim sum can sit straight on the steamer.
5. Put the dim sum in the bamboo steamer basket, cover and steam for about 10 minutes
6. Serve with soy sauce

### Sweet and Sour Sauce

PREP TIME 2 mins

COOK TIME 3 mins

TOTAL TIME 5 mins

SERVINGS 16 servings

#### INGREDIENTS

- 1 cup canned pineapple juice
- 3/4 cup packed light brown sugar
- 1/3 cup rice vinegar
- 3 tablespoons ketchup
- 2 tablespoons soy sauce or tamari (GF)
- For the Cornstarch Slurry: 1 1/2 tablespoons cornstarch dissolved in 2 tablespoons water

#### INSTRUCTIONS

1. Place all of the ingredients, except for the cornstarch slurry, in a small saucepan and bring to a boil. Stir in the cornstarch slurry and simmer for another minute until thickened, stirring constantly. If using red food coloring, stir it in.
2. Let the sauce cool completely and store in an airtight container in the refrigerator for 2-3 weeks.

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### Pot-Stickers

YIELD 8 appetizer servings

#### INGREDIENTS

- 3/4 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
- 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 place a rounded teaspoon of filling in center, fold over and seal by pinching edges together. (Do not overfill.)
3. 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.
4. 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.
5. Cook about 2 minutes, or until bottoms are lightly browned and most of the oil has been absorbed.
6. Add 1/4 cup water per dozen dumplings to pan and cover.
7. 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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### **Equipment Needed:**

- Frying pan
- Stove
- Spatula
- Whisk
- Tongs
- Steamer or pot with strainer and lid or foil
- Knife
- Cutting board
- Mixing bowls
- Rolling pin
- Sauce pan

### **Pre Preparation for the class**

- Ingredients measured
- Veggies cut up
- Dough prepared and resting
- If desired you can pre make filling of choice and sauces