

Traditional Chinese Dumplings

Ingredients

50 Chiau Tze Wrappers from Moore Wilsons or Asian Food Stores

(or make your own with [this recipe](#))

500g Pork Mince 🐷

1 bunch of slightly steamed boy choy (or similar)

3cm piece of ginger, peeled, grated

2-3 garlic cloves, crushed 🧄

1 bunch of spring onions

1 teaspoon sesame oil

1 tablespoon soy sauce

1 tablespoon cornflour

1 tablespoon sugar

Pinch of salt



Directions

- 1) Place all ingredients into a large bowl and mix to combine
- 2) Place wrappers on a clean work surface
- 3) Make dumplings: spoon 1 heaped tsp of the mixture in the middle of the wrapper
- 4) Brush or use a clean finger, water around the edges of the wrapper
- 5) Bring the top of the wrapper together and enclose the filling, squeeze the edges shut and pleat into a pattern if desired.
- 6) Cook your dumplings with the method of your choice. Serve with your favourite sauces or dinner meal, enjoy 😊

Boiling method:

Bring a large pot of water to the boil. Gently place the dumplings into the boiling water using a slotted spoon. Stir gently to prevent sticking. Put no more than 20 in at a time. Cover and when water returns to the boil, add approximately $\frac{1}{2}$ C cold water and cover again. You can do this 2 more times if you like. When dumplings rise to the top and are translucent, they are ready.

Frying method:

Put sesame oil in a pan to cover the bottom. Place dumplings gently in the pan as it will be hot. Once browned on one side, turn them over to cook on the other. Once they are crispy and hot, they will be ready. They don't take long to cook through.

Steamed method:

Place lettuce leaf or cabbage leaf over the bottom of a steamer basket over a pot of boiling water, *(alternatively use a pot with scrunched up aluminium foil balls - need to make 3. Place the aluminium balls at the bottom of a pot with a little water. Place a ceramic plate with some sesame oil on it on top of the balls and gently place the dumplings on the plate). Keep the lid slightly ajar and cooking for about 15 minutes until the dumpling is transparent

Sticky bottom method:

Heat a large frypan and coat with sesame oil, keep the heat at a mid/high temperature. Arrange $\frac{1}{2}$ the dumplings in the pan and cook for 1 – 2 minutes or when bases brown. Add $\frac{1}{2}$ C hot water. Cover and cook for 4 – 5 minutes adding more water if necessary. Remove from heat. Stand for 1 – 3 minutes.

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