



The **FOODIE CLUB** and the **CHINA CLUB** present
the **3rd virtual Cooking Class** of the series **COOKING AROUND THE WORLD @LBS**

We will cook Chinese style dumplings! There are hundreds of different types, styles, and methods of dumplings across China, but we'll stick to a simple one I used to make for my siblings when we were little.

INGREDIENTS (*Serves 5 people, ~10 dumplings per person*):

Non-Vegetarian Filling		
Ingredient	Quantity	Alternative
Ground pork	1/3 lbs	Ground chicken
Shrimp (optional)	1/3 lbs	
Garlic	2 cloves	
Ginger	1 inch	
Bok Choy or Napa Cabbage	2-3 leaves	Any leafy green you prefer
Shiitake mushrooms	3 mushrooms	Chestnut or white mushrooms
Spanish onion	½ onion	Any onion or shallot
Shaoxing wine	¼ cup	A white liquor like sake
Sesame oil	¼ cup	
White pepper	2 teaspoons	Black pepper
Soy sauce	¼ cup	
Oyster sauce	2-3 tbsp	

Vegetarian Filling		
Ingredient	Quantity	Alternative
Firm tofu	1 cup	
Ginger	1 inch	
Garlic	2 cloves	
Spanish onion	½ onion	Any onion or shallot
Cabbage	½ cup	
Carrot	½ cup	
Garlic chives (Chinese chives)	1 cup	
White pepper	2 teaspoon	
Sesame oil	¼ cup	
Shaoxing wine	¼ cup	
Soy sauce	1/3 cup	
Sugar	1 ½ tbsp	
Salt	As needed	
Shiitake mushroom	3-4 mushrooms	Chestnut or white mushrooms

For the skins (alternatively, can buy pre made)		
Ingredient	Quantity	Alternative
All-purpose flour	2 cups	
Salt	1 teaspoon	
Water	½ cup+ as needed	

Dipping sauce		
Ingredient	Quantity	Alternative
Garlic	1 large clove	
Ginger	½ inch	
Soy sauce	1/3 cup	
Black vinegar	1/8 cup	
Granulated sugar	1 tbsp	
Cilantro	3-4 sprigs	
Green onion	1-2 sprigs	
Sesame oil	1 tbsp	
Chili oil (optional)	2 tbsp	

EQUIPMENT NEEDED:

Large bowl

Frying pan with lid

Food processor or mandolin would be helpful, but not necessary because you can always mince by hand.

Rolling pin if you plan on hand making the dumpling peels with me. Not necessary if you buy them premade.

If you're making the vegetarian option, you'll need a cheese cloth to squeeze out excess water from your tofu.



BEFORE THE CLASS STARTS:

Buy the ingredients (dumpling peels can be store bought or handmade)

1. *Mince all ingredients*

Total Cooking and Prep time:

Completely dependent on how efficient you are, but prep time should take roughly 30 minutes and cook time is another 15 minutes.



Mince and combine all ingredients in a large bowl.

You can either wait for the class for me to show you how to make the peels, or you can buy them premade (pictured). They can be found in the frozen aisle of any Asian grocery and are called “dumpling pastry” or “gyoza wrappers.” They sell them in square or circle shapes, get the circle ones.

For both the vegetarian and meat options, mince or grate all ingredients and mix in a large bowl. I'll show you how to wrap the dumplings in class—there are several ways!

This recipe makes way more dumplings than can be eaten in one sitting, so I usually dust a plate with flour and put my dumplings on that to freeze. After they're frozen, transfer to a Ziplock bag and you can save them for a quick dinner in the future.

There are many ways to cook dumplings (fry, steam, boil, etc.) but we'll be frying them in class. On medium fire, heat up some oil. Put the dumplings in and wait for it to brown a bit on the bottom. Then, add a little bit of water in to create steam and put the lid on. Once the skin is translucent, lift the lid to boil off excess water. You can do a slurry (corn-starch + water) to add if you want an extra crispy bottom, but it's not necessary.

Transfer to plate and dip in sauce to enjoy!