



Pork Dumplings 饺子

Makes 80-100 dumplings

Ingredients

- 3 lbs dumpling wrapper (2-3 packages)
- 2.5 lbs hormone free ground pork, regular fat
- 2 tbsp water
- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- 1 tsp sugar
- ½ tbsp cornstarch
- 1 tbsp minced ginger
- 5 stalks green onion, minced
- 1 tbsp sesame oil
- 1 tbsp vegetable oil
- 2 tsp salt
- 1 stalk celery
- 1 small pack shiitake mushrooms (6-8 mushrooms)
- ½ bunch leafy green (kale, spinach, Bok choy or Gai Lan leaves, napa cabbage)
- Optional: 2-3 dashes white pepper
- Optional: 1/4 cup black fungus, soaked overnight

Instructions

Marinate the filling the night before – this increases the flavor by a lot!

1. Mince ginger and green onion together. Warm up sesame and vegetable oil on stove and quickly take off heat just as it begins to smoke.
2. Pour oil on top of ginger and onion. Let mixture cool.
3. Place pork in large bowl and add water. Mix the pork and water with a pair of chopsticks, stirring in one direction.
4. Once meat reaches a tenderized / pasty texture, add the ginger/onion mixture and remaining ingredients except for celery and mushroom. Stir, cover securely and leave in fridge overnight.

The day of:

1. Chop celery and mushroom finely. Sautee on medium heat with sesame oil and soy sauce.
2. Chop leafy green finely. Add to marinated pork. If using something with high water content (ex spinach), add bit more cornstarch to filling.
3. Mix everything together. Boil or microwave a spoonful of filling to test for flavour. Adjust seasoning as needed.

Vegetarian Dumplings

Makes 50-60 dumplings

Ingredients

- 1 1/2 - 2 packages dumpling wrappers
- 1 1/2 lbs winter squash (red kuri, delicata)
- oil, salt
- 1/2 bunch leafy green (kale, chard, spinach, Asian green), destemmed
- 12-15 brown mushrooms (or whatever mushrooms you prefer)
- 1 small carrot, grated
- 3 cloves garlic, minced
- Seasoning: 1 tsp mirin, 2 tsp soy sauce, 1 tbsp sesame oil
- 1 block firm tofu, crumbled
- 1 piece dried glass noodle (aka mung bean vermicelli), rehydrated for 30 min
- Optional: 1 tbsp dried black fungus, rehydrated for 30 min
- Optional: 1 tbsp fermented red bean curd, smashed/chopped

Instructions

Night before or few hours before:

1. Cut squash in half, remove seeds.
2. Rub oil, salt and five spice on squash and roast at 375 degrees until fork tender (about 1.5 hours).
3. Cool and peel/discard skin. Fork squash into small pieces and set aside.

Day of:

1. Finely chop greens, mushroom, carrot by hand or food processor. Sautee with tofu and bean curd in oil and seasoning, making sure to cook off and evaporate excess water.
2. Take noodles and fungus out of water and chop finely.
3. Mix everything together. Adjust seasoning as needed.

How to Wrap Your Dumplings:

1. Prepare your wrapping station:
 - Small spoons for filling;
 - small bowl of water for sealing;
 - clean, moist towel to cover wrappers to prevent them from drying out;
 - 3-4 baking trays dusted with cornstarch for wrapped dumplings
2. Put 1 tbsp of filling in the middle of each wrapper. Use your finger to brush water on the edge of the wrapper. Fold wrapper in half. Seal the edges, making sure there are no big air pockets inside.

Common wrapping techniques:

- a) simply seal and pinch edges closed
- b) seal and make folds / creases towards the center or in one direction.
- c) seal and bring the two ends together (with a little water for glue) and pinch shut into a rosebud shape
- d) seal the top center of the dumpling, then fold and pinch each end into itself so they stick out like points

To watch some of these techniques in action, search for '*6 ways to fold dumplings*' on Youtube.

3. Place dumplings on baking trays. Make sure dumplings don't touch, or they will stick together and tear later.
4. If you want frozen dumplings, place baking sheet in freezer for 30-60 minutes (or until frozen solid), then store them in a plastic freezer bag for up to 1-2 months.

How to Cook Your Dumplings:

Frying:

Heat 2 tbsp oil in a nonstick pan over high heat. Place dumplings evenly on pan, laying them out on their flat sides. Add approximately $\frac{2}{3}$ cup water, reduce heat to medium, and cover to steam for 10-12 minutes (or a little less, if you're cooking fresh dumplings). All the water should be evaporated when you lift the lid.

Boiling:

Bring water to a boil in a big stock pot. Add dumplings. When water returns to a boil, add 1 cup cold water. Repeat 2 more times. This trick prevents the skin from becoming soggy and ensure that the filling is cooked through.

Dipping Sauce Recipe

While you're waiting for dumplings to cook, mix together your dipping sauce (ratio to taste):

- Soy sauce
- Sesame Oil
- Chinese black vinegar (other vinegars work too)
- Optional: Chili oil or sauce

Tips For Success:

- The Golden Ratio: A beginner's guideline for your wrapper to filling ratio is 1:1 (1 lb wrappers for 1 lb filling), and once you feel more confident you can graduate to 1:1.25.
- Hand chop all your ingredients for a different, chunkier texture.
- Wrapping tips:
 - Add more folds to catch more dipping sauce
 - When making dumplings for pan-frying, wrap them so they sit flat. You'll maximize the area that gets crispy and crunchy.
- Use seasonal and local ingredients where possible. You can really taste the difference when you buy fresh, quality pork in this dish.
- If you choose to make dumplings with cabbage, you will need to salt and massage it a bit and cut it very finely, to make sure it binds with the rest of the ingredients.
- If you use any Asian green leaves (Gai Lan, choy sum, etc) for your filling, save the stems and steam or sautee them with minced ginger to make a delicious side dish.
- If you have leftover pork filling, fry it up into little patties. Yum!

Where to Buy Ingredients:

- T & T Supermarket (Stadium Skytrain) – black fungus, bean curd, Asian greens, seasonings, hormone-free ground pork
- Hannam (Korean grocery store on Robson & Jervis St)
- H-Mart (Korean supermarket on Robson & Seymour St)
- Chinatown Supermarket (239 Keefer Street) - local and pesticide-free produce, Asian seasonings, condiments and sauces
- Other Asian grocery stores