



Season: Year round or for Chinese New Year in January/February
From the garden: Cabbage, carrot, garlic, ginger, garlic chives, spring onion
Type: Main
Difficulty: Medium
Country of origin: China
Serves: 60 dumplings
Source: Juan Kok

Equipment

- Cook's knife
- Chopping board
- Grater
- Large size mixing bowl for holding the filling
- Large non-stick frying pan with lid
- Tea towel
- Small bowl for holding sauce or screw top jar
- Measuring spoon and cup
- Cup containing water for dipping
- Fish slice
- Baking tray
- Slotted spoon
- Large cooking pot – for boiling method

Ingredients

- 60 dumpling skins (1 large packet of store-bought skins/wrappers)
- 3 tablespoons vegetable oil

Filling

- 1 cup dried wood-ear mushroom (or normal mushrooms can be used)
- ½ small Chinese or regular cabbage
- 1 cup garlic chives (Chinese chives) or normal chives can be used
- 4 medium carrots
- 2 cm fresh ginger
- 3 cloves garlic
- 2 teaspoon sesame oil
- 1 tablespoon light soy sauce
- Pinch of white pepper and salt

Dipping Sauce

- 3 tablespoon light soya sauce
- 2 teaspoon sesame oil
- 2 teaspoon Chinese black vinegar (or rice wine vinegar)
- 1 spring onion

How to make it

Step 1: Prepare the Filling and Dipping Sauce

1. Place the dried wood ear mushrooms in a bowl and cover with warm water for 5 minutes, drain then cut off any and cut into fine strips (if using fresh mushrooms skip the soaking and cut into fine strips).
2. Wash cabbage and chives and allow to drain on a clean tea towel then finely chop them.
3. Wash and peel the carrots and ginger, then grate them
4. Crush the garlic remove the skin and chop finely.
5. Heat 1 tablespoon of oil in a fry pan and stir fry the vegetables starting with the garlic, ginger, cabbage, carrot and mushroom. Cook for about 4 minutes until softened.
6. Transfer the cooked ingredients to a large mixing bowl and add the rest of the filling ingredients; garlic chives, soy sauce, salt and pepper. Taste the mixture and add more seasoning if needed.

5. Prepare dipping sauce by combining ingredients in a small bowl or put in a jar, screw on the lid and shake to mix.

Step 2: Fill the Dumplings

8. Take one dumpling skin at a time, keeping the remaining ones covered with a damp tea towel, and place 1½ teaspoons of filling in the center of the skin.
9. Wet the edge of the skin with your finger dipped in the cup of water and fold the skin over the filling. Pinch the edge together to seal. Be careful not to leave any holes on the edge or the filling will fall out. **Volunteers – please supervise the proper sealing of dumplings to avoid dumplings falling apart as they cook.**
10. Stand the dumplings, seam side up on a baking tray and gently press to flatten the bottom of each dumpling.
11. Cover with a damp tea towel while you make the rest.

Step 3: Cook the Dumplings – Boil or Pan Fry Method

BOIL METHOD

12. Half-fill a large pot with water and bring to the boil. When boiling, gently lower or drop the dumplings in. **Caution – hot! Ask an adult for help.**
13. When the water returns to a boil, cook until the dumplings float to the top and the skins are cooked through but still al dente – 6-8 minutes.
14. Remove with a slotted spoon and serve with dipping sauce.

PAN FRY METHOD

15. Heat 2 tablespoons of oil in a non-stick pan over medium heat. Place the dumplings in the pan and fry for 5 minutes.
16. Pour water into the pan until the water comes up to ¾ of the dumpling height. Cover and cook till the water boils.
17. Allow the dumplings to cook until the water has evaporated – about 10 minutes. Occasionally loosen the dumplings from the bottom of the pan as they cook. This can be done by shaking the pan gently.
18. Remove one dumpling and taste to see if ready, the dumpling skin should be al dente. Add more hot water and cook for longer if it is still a bit hard and chewy.
19. Remove the pot cover and allow to cook until the bottoms of the dumplings are golden brown.
20. Chop the spring onion finely.
21. Serve the dumplings garnished with chopped spring onion and with dipping sauce.

Notes:

- 🍷 Jiao Zi is a one of the traditional dishes prepared for Chinese New Year, the most important Chinese festival in the lunar calendar. The preparation itself is a delight as family members gather around to make these parcels of goodness and share stories of their lives.
- 🍷 Pot Sticker Dumplings wrapper is traditionally made of wheat flour, egg and water. The filling often comprises of pork mince and minced cabbage. When filled and cooked it can be considered as an Asian-style ravioli.
- 🍷 Al Dente – Italian word meaning firm to the bite. Often used when cooking pasta or vegetables.

Skills:

- 🍷 **Stir frying***, boiling, evaporating.

* Stir fry: To fry meat, fish, or vegetables rapidly over a high heat while stirring briskly