

Chinese Dumplings

Serves 5

Ingredients

Dumpling filling:

- 250g Pork
- ¼ Cabbage
- 2 x Spring onions
- 4 x cloves of fresh Garlic
- 1 x tablespoon of fresh Ginger
- 1 x teaspoon of Chicken powder
- 1 x teaspoon of Pepper Powder
- 2 x Tablespoon of Soy sauce
- 1 x Tablespoon of Sesame seed oil
- 1 x teaspoon of table Salt
- 1 x fresh Egg
- 2 x Tablespoon of Oyster Sauce
- 2 x Star Anise

Ginger/Spring Onion Water:

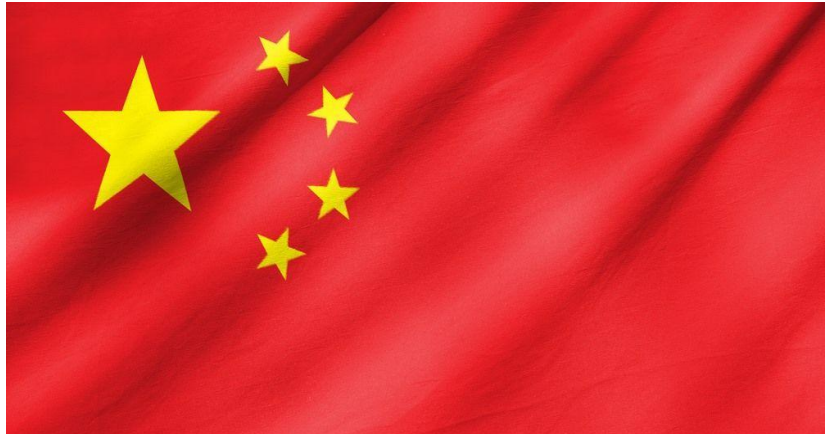
- 1 x cup of Ginger/Spring onion Water

Dumpling dipping sauce:

- 2 x Tablespoons of Soy sauce
- 1 x Tablespoon of Sesame seed oil
- 1 x Tablespoon of Vinegar
- 4 x cloves of fresh Garlic

Cooking oil:

- 1 x Tablespoon Rice bran oil



Methods:

- Collect filling ingredients, seasoning, and ginger/spring onion water from the teacher.
- Mix these ingredients (one spoon at a time) into a large bowl, with a large wooden spoon, and stir clockwise.
- Blend all the vegetables in a manual blender and then add salt.
- Slowly add the vegetables to the filling mixture and then mix all the ingredients together.
- Follow the teacher's instructions for wrapping the dumplings.
- Make 1 dumpling at a time (6 dumplings each in total).
- Prepare the wok by heating it and adding a spoon of oil, and then turn off the element when it's hot.
- Gently place the dumplings into the frying pan, and make sure they're separated.
- Turn the element back on and then slowly add water to the pan so that it covers half the dumplings.
- Put the lid on top of the pan and leave it until the water evaporates.
- Take the lid off and check whether one side of the dumplings is hard and crunchy.
- Place the dumpling on a plate and let them cool for a few minutes.
- Make the dipping sauce by adding the ingredients into a manual blender until they're finely chopped.
- Carefully add the bowl of soy sauce, vinegar, sesame seed oil, and spring onion.
- Eat the dumpling one at a time using chopsticks and ENJOY!

Equipment:

- Frying pan
- Large mixing bowl
- Small dipping sauce bowl
- Large mixing spoon
- Measuring spoons
- Spatula
- Plates
- Chopsticks

