

Cavalier Cooking 101: Dumplings from Around the World

Chicken Potstickers

Filling:

1 lb. of ground chicken
2 tbsp. of soy sauce
2 tbsp. of sweet soy sauce
2 tbsp. of fish sauce
1 tsp. of sesame oil
1 bunch of sliced scallions
1 tbsp. of minced garlic
1 tbsp. of minced ginger
1 tbsp. of corn starch
4 bok choy heads
2 tsp. of Chinese 5 spice
Vegetable Oil for frying
Salt and Pepper to taste
Wonton wrappers

Dipping Sauce:

2 tbsp. of soy sauce
2 tbsp. of sweet soy sauce
1 tsp. of sesame oil
1 tbsp. of brown sugar
Squeeze of lime juice
1 tsp. of minced ginger

Instructions

Blanch the bok choy heads for 3-4 minutes. Mince the bok choy and combine with the rest of the ingredients to make filling.

*Tip: To taste the filling, microwave a small ball of the filling until cooked (15 seconds) and taste. Add seasonings according to your preferences.

Take 1-2 tsp. of your filling and put into the center of your wonton wrapper. Dip your finger in water and moisten the edges. Then fold your potsticker into whatever shape you want!

This video shows some traditional ways to fold your dumpling:

<http://www.youtube.com/watch?v=aE82VmqPYj4>

Coat non-stick pan with vegetable oil and allow oil to heat up for a few minutes. Put potstickers in pot and fry for 3-4 minutes. Put a 1 tbsp. of water into the pan and cover. Allow the potstickers to steam for 2-3 minutes and then take cover off. Once the water has evaporated, the potstickers are done.

Serve with dipping sauce!

Instructions

Defrost frozen spinach in microwave and squeeze out excess moisture. Mix with the all of the other ingredients to create ravioli filling.

Take 1-2 tsp. of your filling and put into the center of your wonton wrapper. Dip your finger in water and moisten the edges. Place another wonton wrapper on top and seal the edges with a fork.

Boil the ravioli until they float to the top. Serve with sauce of your choice!

Spinach & Ricotta Ravioli

Filling:

2 cups of ricotta cheese
1 package of frozen spinach
1 bunch of fresh parsley, minced
1 egg
1 cup of mozzarella or parmesan cheese
Salt and pepper to taste
Wonton wrappers

Samosas

Filling:

4 russet potatoes
1 onion
1 package of frozen peas
2 tbsp. of curry powder
2 tbsp. of cumin seed
2 tsps. of red pepper flakes
2 tbsp. of garam masala

Salt and pepper
Wonton wrappers*

Instructions

Put potatoes in cold water and bring to boil. When a fork can pierce the potatoes, they are done. Drain and set aside.

Coat a large pot with vegetable oil and allow oil to heat up for 2-3 minutes. Put spices into the oil to “wake up” the spices. Cook the spices for about 2 minutes. Put minced onion and frozen peas into the pan. Cook until the peas are warmed through and then add the boiled potatoes. Combine the mixture until it has the texture of very lumpy mashed potatoes.

*Normally, samosas are made with thicker dough. For this class, we are going to use wonton wrappers because we have

them available. Samosa dough is very easy to make. You can find a quick recipe here: <http://www.williams-sonoma.com/recipe/samosa-dough.html>

Take 1-2 tsp. of your filling and put into the center of your wonton wrapper. Dip your finger in water and moisten the edges. Fold the samosa into whatever shape you want!

Heat up enough oil to deep fry the samosa. To check if the oil is hot enough, take a wooden spoon and place it in the oil until it touches the bottom. If you see bubbles forming at the end of the spoon, the oil is hot enough.

Place samosas into oil and fry until golden brown. Everything is cooked inside so you only need not worry about cooking the inside through.

Place onto a paper towel to soak up the oil and then enjoy!