

# Chinese Dumplings

## *Making the Dough*

### Ingredients

- 1 cup flour
- 1 egg (optional)
- Water

### Directions

1. Put one cup of flour in a bowl, an egg (optional), and water into a bowl  
\*Tip: Add water ***little by little*** while mixing the water with the flour by hand.
2. Knead the dough for 5 minutes. Make sure the dough is neither too dry nor too watery. The harder you knead, the better your dumplings taste!!!  
\*Tip: If the dough has a smooth surface (refer to the picture above) and does not stick on your hands, you are good to go!
3. (*This step is optional*) Leave the dough in a bowl covered by a piece of cloth, cling wrap, or pot lid.



## *Making the Filling*

### Ingredients

- Ground beef
- Ground pork
- Bean sprouts
- Mushrooms
- Cabbage
- Cilantro
- Green onions



- Eggs
- Ginger and garlic (they always make the filling richer in flavor!!)
- Vegetable oil
- Soy sauce or oyster sauce
- Cooking wine or red wine

### Directions

1. Chop all the ingredients you want for the filling into tiny pieces and put them in a bowl. Chop them into very tiny pieces for the proper texture.
2. Add vegetable oil, soy sauce or oyster sauce, and a little bit of cooking wine. Stir the ingredients constantly ***towards one direction (clockwise or counterclockwise)*** until they are perfectly mixed together.  
\*Tip: If your filling is vegetarian, make sure you put enough oil and sauce so the vegetables can stick together.

### *Making the Dumpling Wrappers*

1. Knead the dough again. Shape it like a stick.
2. Cut the dough into small chunks.  
\*Tip: Don't cut all the dough at once. Cut one and see if the size is right first.
3. Press the chunks by hand and make them flat. Then roll them thin and round with a rolling pin. Put some flour on the table and on your hands so the dough does not stick everywhere.  
\*Tip: If there are not enough rolling pins or you feel awkward with them, simply stretch the dough by hand!



### *Wrapping the Dumplings*

1. Put some filling onto a dumpling wrapper.
2. Knead the wrapper to completely cover the filling.  
(Detailed instruction will be given in class)



### *Boil the Dumplings*

1. Put plenty of water into a pot so it can cover all the dumplings.
2. Heat the water until it boils.
3. Put dumplings into the pot and boil them until all the dumplings are floating on the surface.



### *DIY Dumpling sauce*

Mix your own sauce! Traditional ingredients include vinegar, soybean sauce, chill sauce, green onion pieces, cilantro pieces, and/or salt ...

***BUT YOU CAN ADD ANYTHING YOU LIKE!!!***



### *Eating the dumplings*

You can eat them with a spoon, fork, chopsticks...Or your hands, if you really enjoy doing that!