

TAIWANESE CUISINE

Taiwanese Fried Pumpkin Rice Noodles

Makes about 10 servings



Materials:

One pack of Rice flour 450g, Shredded beef 200g, Dried mushrooms 6 flowers,

One head of sweet onion, half a pound of pumpkin, one pound bean sprouts (or cabbage)

3-4 branches of Parsley, 2 cups of water, 2 TBS soy sauce

90 g (3 blocks) of Golden Curry sauce mix

Steps:

1. Soak dried mushrooms in cold water to soften for cutting.

2. Soak the noodles in cold water for 5-6 minutes to soften. Drain, and then cut with scissors.

3. Finely chop 4 onions. Shred pumpkin, cabbage, and mushrooms.

4. Heat pot on stove and put 3-4 tablespoons of oil, then add the dried mushrooms

5. Next, add the beef

6. Sequentially, add the onions, pumpkin, and cabbage, then stir fry

7. Place in the water and curry sauce mix

8. Then add the rice and stir fry for 5-6 minutes until even.

9. Then add bean sprouts and continue stir frying for 2 minutes

10. Scatter parsley on top prior to serving!



Pork and Napa Cabbage Dumpling Recipe

Makes about 80 dumplings



Wrappers:

2 Packs of dumpling wrap

Filling:

1.5 pounds of ground pork
6 TBS soy sauce (or Lee Kum Kee Oyster Sauce)
1 TBS Chinese rice wine
2 teaspoon ground black pepper
2 TBS sesame oil
6 green scallions, finely minced (green and white)
1.5 heads of Napa cabbage, finely shredded
2 inches fresh ginger, finely minced

How to make your filling:

In a bowl, add the soy sauce, rice wine, and black pepper and mix well. Add the pork and stir until it's well incorporated. Then add in the following order: ginger, scallions, Napa cabbage, and sesame oil and mixing in between to make sure they have been mixed well.

Now make your dumpling!

There are several ways in forming your dumplings: half moon, pea pod, and pleated crescent (the method presented in the pictures below).

Before you start forming your dumpling, make sure you have a small bowl of water in front of you.

Unless you are eating all of your 60 dumplings in one sitting, you can place some of your dumplings on your plate in the freezer for 15-20 minutes, then take them off the plate and store them in a Ziploc bag to save for another day.





Cooking the dumplings:

Bring a pot of water to boil. Add dumplings, and gently stir so they don't stick to each other. When they float to the top of the pot, they are ready to eat and be dipped in your favorite soy sauce mixture. You can also pan-fry the dumplings in a little bit of oil for a couple of minutes until each side is golden brown.



Note:

As to buying the ground pork or any meat that you want to include in this recipe, make sure you buy the meat with a bit of fat (80/20) or else the dumpling meat will taste dry.

My favorite dumpling dip is a mixture of soy sauce, Chinese black vinegar, and sugar- Yum!

