

Easy Healthy Dumplings

Ingredients

- 1 lb ground pork
 - 1 lb frozen spinach defrosted and squeeze out the extra water
 - 4 tablespoons soy sauce
 - 1/2 teaspoon salt
 - 2 tablespoons rice wine
 - 3 tablespoons ginger, minced
 - 3 green onions, chopped
 - 2 eggs
 - 3 tablespoons sesame oil
 - 1 teaspoon sugar
 - 3 tablespoons corn starch
 - 1/8 teaspoon white pepper
- 1 package dumpling skin at room temperature



Directions

1. Filling - mix all the ingredients together except the dumpling skin
2. Wrap - put filling in the middle of the skin and wet the edge of the skin with water.
3. Seal the skin tightly and put it on a tray sprinkled with flour until ready to cook.
4. Bring a pot of water to boil on high heat.
5. Put in the dumplings and lower heat to medium high, stir dumplings around to avoid sticking to the bottom.
6. When liquid is boiling, add one cup of cold water.
7. Repeat this three times. Turn off the stove.
8. Let the dumplings sit for about 5 minutes.
9. Ladle out the dumplings and serve.

Pan-Fried Bao Stuffed with Pork

Ingredients

1 lb ground pork meat
3 tablespoons soy sauce
1/2 teaspoon salt
1 tablespoon rice wine
1 tablespoon ginger, minced
2 green onions, chopped
1 egg
2 tablespoons sesame oil
1 teaspoon sugar
1 1/2 tablespoons corn starch
1/4 cup water
1/8 teaspoon white pepper



4 rolls of buttermilk biscuit or plain biscuit, from the fridge section, not freezer

Directions

1. Filling: Mix all the material above, except the rolls. Continue to stir in one direction until the meat feels elastic. Set aside.
2. Wrap: Remove the biscuit from container.
3. Roll each biscuit out with your hand, and put a small amount of filling in the middle.
4. Gather the edge to wrap around the filling while stretching the edge a bit to seal completely.
5. Smooth side should face up.

Pan frying the baos:

1. Put 3 tablespoon of oil in a non-stick flat bottom pan and heat up until hot.
2. Place the bao in the pan, allowing some room for the bao to rise.
3. Fry for about 2 minutes.
4. Lower the heat to medium.
5. Add enough water to the pan until it reaches about the middle of the bao.
6. Cover and continue cooking in medium heat for 3-5 min until pan is dry and bao is done.

Serve immediately