

# Cooking Class—Easy Healthy Dumplings and Bao by Darien Wei

*Lorna Sundberg International Center at the University of Virginia, February 11, 2012*

## Recipe - Pickled Mustard Greens

### Material

2 bunches of mustard greens from the Chinese grocery store

2 slices of ginger

Pickling mixture:

3 cups of water

1 cup of sugar

4 tsp of salt

2/3 cup cider vinegar



### Preparation:

Boil the pickling mixture and set aside to cool.

Cut the mustard greens into 1 inch pieces, leave out the leafy part

Blanch the mustard greens in boiling water for 1 min, drain and cool in iced water,

drain and cool completely

Put the mustard greens in a large container,

add ginger pieces and pickling mixture,

cover and leave in refrigerator for a week.

Ready to serve

**Serve immediately**

## Recipe – Red Bean Bao

### Material

1 can or 1 package of red bean paste

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

1 egg

Greased baking sheet



### Method

Filling: Red Bean Paste

Wrap: Remove the biscuit from container.

Roll each biscuit out with your hand; put a small amount of red bean paste in the middle.

Gather the edge to wrap around the filling while stretching the edge a bit to seal completely.

Invert so smooth side faces up, place on greased cookie sheet.

Brush with a mixture of 1 beaten egg and 1 tsp of water.

**Bake according to instruction on the biscuit package**

**Remove from oven and ready to serve**

## Recipe - Easy Healthy Dumplings

### Material

1lb ground Pork meat

1 lb frozen spinach defrosted and squeeze out the extra water

4 tablespoons soy sauce

0.5 teaspoon salt

2 tablespoons rice wine

3 tablespoons ginger minced

3 spring onions chopped

2 eggs

Sesame oil 3 tablespoons

1 teaspoon sugar

3 tablespoons corn starch

1/8 teaspoon white pepper

1 package dumpling skin at room temperature

### Method

Filling - mix all the ingredients together except the dumpling skin.

Wrap - put filling in the middle of the skin and wet the edge of the skin with water.

Seal the skin tightly and put it on a tray sprinkled with flour until ready to cook.

Bring a pot of water to boil on high heat.

Put in the dumplings and lower heat to medium high, stir dumplings around to avoid sticking to the bottom.

When liquid is boiling, add one cup of cold water.

Repeat this three times; turn off the heat.

Let the dumplings sit for about 5 minutes.

Ladle out the dumplings and serve.

