



# Traditional Lunar New Year Dishes

## Beef Dumplings

### Making the Filing

Ingredients of the filing: ground beef, green onion (spring onion), ginger, salt, sesame oil, soy sauce, five-spice powder (this is a traditional Chinese cooking spice, and you can purchase it in the Asian Market), and egg.

You can add some vegetables (i.e. leeks, celery, cabbage, etc.) to the meat filing.

Quantity: 1 pound ground beef usually accompanies 2 pieces of green onion and 1 egg.

Procedures:

1. Cut the green onion and ginger into small pieces.
2. Mix the ground beef, green onion, and ginger together. Don't stir them until you add salt, sesame oil, soy sauce, five-spice powder, and egg. Stir them at one direction for about 200 times, and add a little water occasionally to keep the mixture moist, but not too moist.
3. Add a little bit more sesame oil once you finish stirring the mixture.

### Making the Dough

Homemade dough does taste delicious, but it takes a lot of effort to prepare them. I would recommend purchasing dumpling wrappers from the Asian Market or the C'ville Oriental. They work very fine and can save you a lot of time and hustle when playing with flour. If using dumpling wrappers, make sure to apply some water to their edges to prevent the filing from leaking.

### Folding Dumplings

It is kind of tricky to explain how to fold dumplings, as this unique cooking technique is not utilized much in Western cuisine. In addition, everyone folds dumplings differently. As long as the filing is

wrapped inside, you can be as creative as you want. Hope you have gathered some experiences of folding dumplings after the cooking program! There are also some helpful videos on YouTube:

- [https://www.youtube.com/watch?v=q\\_z26XeDA-M](https://www.youtube.com/watch?v=q_z26XeDA-M)
- <https://www.youtube.com/watch?v=V1o9-82qizc>
- <https://www.youtube.com/watch?v=SkuaCb4nPbc>
- <https://www.youtube.com/watch?v=8y9ymqD6GnY>

### Boiling Dumplings

1. Depending on the amount of dumplings, boil specific amount of water. If you want to save some more time, you can use a kettle to boil some water beforehand.
2. Alongside the pot, gently put dumplings inside and gently stir them to rotate them to prevent them from sticking together. Cover the pot.
3. When the water boils again, uncover and add some cold water. Gently rotate the dumplings immediately and cover the pot.
4. Repeat step 3 once or twice.
5. When the dumplings rise to the surface, they are almost done. Taste one to check if the meat is fully cooked.

You can also look at some videos to have more visual effects:

- <https://www.youtube.com/watch?v=z5Ph38Ncf-I>
- <http://snacks.wonderhowto.com/how-to/boil-frozen-dumplings-7-minutes-for-quick-snack-209086/>

## **Braised Pork and Eggs (Thịt Kho Trứng)**

### *Ingredients*

- 1 lb pork butt/shoulder, cut into 1” chunks
- 1 tbsp garlic, minced
- 1.5 tbsp shallots, minced
- ½ tsp fish sauce (I highly recommend Việt Hương/Three Crabs brand)
- ¼ tsp salt
- 1 tsp pepper
- 2 tbsp sugar

- 1-2 tbsp water
- 1.5 cups coconut juice (not water, not milk)
- 6 eggs

### *Directions*

In a medium bowl, mix the cut pork with garlic, shallots, fish sauce, salt, and pepper. Let it marinate for at least 30 minutes.

To add a golden color to this braised dish, you need to add a caramel sauce to it (not the same caramel sauce that you drizzle on your ice-cream). In a large saucepan on medium heat, add two tablespoons of sugar. You'll essentially burn the sugar. Once the sugar is bubbling and has a nice amber color to it, add one to two tablespoons of water to liquefy the melted sugar. (Warning: It'll get smoky, so blast your hood fan, open your windows, and your smoke detector might go off. I promise you it's worth it!)

Add the marinated pork to the saucepan with the caramelized sugar and brown it evenly. Then add the coconut juice to the pan. Bring to a soft boil, and then lower the heat to low and cover for 30 minutes.

Hard-boil the eggs while the pork is cooking. Peel the eggs then poke some holes in them. The holes will help the eggs absorb the sauce more.

After the pork has been cooking for 30 minutes, taste the sauce and add more salt or fish sauce and pepper to your taste. Add the eggs and cook uncover for another 30-45 minutes.

Serve with rice and pickled bean sprouts.

## **Pickled Bean Sprouts (Dưa Giá)**

### *Ingredients*

- 1 lb bean sprouts
- 1 cup Chinese chives, cut into 2" strips
- 1 medium carrot, cut into 2" matchsticks
- 2.5 cups warm water
- 1.5 cups white sugar
- 1.5 teaspoons salt

- 1.5 cups white vinegar

Dissolve the sugar and salt in the warm water then add the vinegar. Set aside.

In a large bowl, mix the bean sprouts, chives, and carrot. Add the sugar and vinegar mixture and toss. The pickled bean sprouts will be ready to eat in about 1-1.5 hours.

The pickle will last for about two weeks in the fridge, if it's not gone by then.