

HOW TO FOLD A DUMPLING

**START
HERE!**



1. Brush edge of wrapper with egg (spoonful of filling in center)



2. Fold in half, pinch at midpoint



3. Right of midpoint, on top side of wrapper, fold a pleat angled toward midpoint. Pinch pleat to seal.



4. Repeat with 2 more pleats to the right of initial pleat.



5. Repeat with 3 more pleats to left of midpoint.



7. Finished dumpling!



6. Make sure dumpling is sealed, repinching as necessary.

Chinese Dumplings

by Lin-Lin Yang Lin

(makes approx. 50 dumplings)

INGREDIENTS:

Wrappers

- 1 1/2 cups of lukewarm water
- 5 cups of flour

Filling

- 1 lb ground pork
- 1/2 lb salt treated, chopped, boiled Chinese greens (Napa cabbage) with as much liquid removed from them as possible (hint: twist clean towel around them and squeeze)

- 1 teaspoon pepper
- 2 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoon sesame oil
- 3 tablespoon soy sauce
- 2 tablespoon garlic power
- 1/3 cup of chopped green onion
- 1 beaten egg

METHOD:

Making the wrappers

1. Add the water into the 5 cups of flour, mix well. Knead the dough until its smooth. Place the dough in a clean bowl, cover with a damp but not wet cloth. Let sit for 30 minutes.
2. Knead again, then roll a portion into a log shape. Cut log into slices, and roll slices into balls. Repeat with remaining dough as necessary. You should have approx. 30 balls.
3. Sprinkle flour on your rolling surface and roll out balls into flat round shape (like small pancake), about 1/8 inch thick.
4. Sprinkle some flour on both sides of those flat wrappers.

Make meat filling

1. In a big bowl, mix ground pork, pepper, salt, sugar sesame oil, garlic power, green onion and stir until the mixture is well blended.
2. Add chopped Chinese green into pork mixture. Mix well until blended thoroughly.

Make dumplings

1. Place small spoonful of filling mixture into a wrapper. Lightly brush edges of the wrapper with the egg. Fold wrapper and seal into desired dumpling shape (see drawing). Repeat until either mixture or wrappers have run out. Line the dumpling on a lightly floured tray.



Cook dumplings

1. Fill a pot 2/3 with water and bring to boil. Place dumplings in the water, making sure that all dumplings are submerged. Cover the pot until it reboils.
2. When water reboils add additional cup of cold water and reboil again
3. When reboiled, take dumplings out, serve with soy sauce (add chopped garlic or sliced ginger for an addition option) and eat!