



# 猪肉高麗菜水餃

## TAIWANESE PORK & CABBAGE DUMPLINGS

### INGREDIENTS

2 lbs dumpling wrappers 水餃皮

#### Filling

1 lbs lean ground pork 猪肉

1 lbs cabbage 高麗菜

1 bunch of green onions (5-6 stalks) 青蔥

1 tbsp of sesame oil 香油

2-3 dashes of white pepper 白胡椒

2 tsp of salt 鹽

1 tsp of grated ginger juice 薑汁

1 tbsp cooking rice wine 米酒

*Makes 80 dumplings.*

### DIRECTIONS

1. Finely chop cabbage in a food processor.
2. Chop green onions.
3. Tenderize ground pork using a food processor or a meat tenderizer. (A food processor will yield a smoother texture.)
4. Mix cabbage, pork, green onion and seasonings.
5. Boil or microwave a spoonful of filling to test for flavour. Adjust seasoning as needed.
6. Let the filling marinate for at least 3 hours.
7. Wrap your dumplings. Put 1-2 tbsp of filling on each wrapper, fold the wrapper in half and seal the edges with water, making sure to completely seal the filling inside.
8. For frozen dumplings: Place your dumplings on cookie sheet and freeze them for 60-90 minutes (or until frozen solid), and place them into a plastic freezer bag until you're ready to cook.

**Hungry?** Eat these tasty morsels now. Here's how to fry or boil your dumplings for maximum deliciousness.

**To fry:** Heat 2 tbsp oil in a nonstick pan over high heat. Place dumplings evenly on pan, laying them out on their flat sides. Add approximately  $\frac{2}{3}$  cup water, reduce heat to medium, and cover to steam for 10-12 minutes (or a little less, if you're cooking fresh dumplings). All the water should be evaporated when you lift the lid. Now eat!



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**To boil:** Bring water to a boil in a big stock pot. Add dumplings. When water returns to a boil, add 1 cup cold water. Repeat 2 more times. This trick prevents the skin from becoming soggy and ensure that the filling is cooked through. *Bon appétit!*

#### KEVIN'S PRO TIPS

- **The golden ratio:** A general guideline for your wrapper to filling ratio is 1:1 (i.e. 1 lb of wrappers for 1 lb of filling), but we prefer more filling! Your meat to cabbage filling ratio is also 1:1.
- Hand chop all your ingredients to give the filling a different, chunkier texture.
- Try wrapping your dumplings different ways:
  - Add more folds to catch more sauces when dipping your dumplings
  - When making dumpling for pan-frying, wrap them so they sit flat. You'll maximize the area that gets crispy and crunchy.
- Use seasonal and local ingredients where possible.

#### WHERE TO GET YOUR DUMPLING SUPPLIES

- **Windsor Quality Meats** (4110 Main St, Vancouver) - local, antibiotic-free pork
- **Chinatown Supermarket** (239 Keefer St, Vancouver) - local and pesticide-free produce, Asian seasonings, condiments and sauces; groceries
- **Grace Noodle House** (9079 Shaughnessy St, Vancouver) - dumpling wrappers, noodles and other dim sum

THANKS FOR JOINING US!