



STEAM FRIED DUMPLINGS WITH A SOY DIPPING SAUCE

Season:	Winter, spring
From the garden:	Cabbage, carrot, coriander, leafy greens, spring onion, snow peas
Type:	Main
Difficulty:	Medium
Country of origin:	China
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- * chopping board and knife
- *mixing bowls and spoons
- *measuring cup and spoons

- *grater
- *frying pan with lid
- *small bowls

Ingredients

- *2 medium carrots
- *1 medium parsnip
- *a few handfuls of mixed leaf vegetables like silverbeet, kale, spinach etc.
- *1 cup snow peas
- *bunch of coriander
- *2 spring onion
- *1 cm piece of fresh ginger
- *2 cloves of garlic
- *2 tbsp soy sauce
- *1-2 fresh chilli or a pinch of chilli powder
- *1 tbsp sesame oil
- *oil for frying

***dumpling wrappers**

DIPPING SAUCE

***measuring cup and spoons**

***bowl and spoon**

***citrus juicer**

***garlic press**

***grater**

***6 tbsp soy sauce**

***4 tbsp rice wine vinegar OR juice of 1-2 lemons/limes**

***2 tbsp grated ginger**

***2 cloves garlic**

***4 tsp sesame oil**

***2 tsp sugar dissolved in 1 tsp hot water**

Method

1.for the dumplings: wash all the vegetables and grate the carrot

2.slice all other vegetables as finely as possible

3.grate the ginger

4.peel and chop the garlic

5. add a little oil to a frying pan and cook the vegetables for a few minutes until softened

6. add the soy sauce and sesame oil

7. put some water in a small bowl and and get the dumpling wrappers ready

8. add a teaspoon of vegetable filling into the middle of each wrapper, wet the edges with water and fold over. Make sure to squeeze the edges together tightly, so no filling falls out when cooking

9. add a little bit of oil into a frying pan and place the dumplings in. Add around $\frac{1}{3}$ of a cup of water and put the lid on straight away

10. let the dumplings steam for around 5 minutes until the water has been absorbed

11. when the water has gone, add a bit more oil and fry the dumplings till they form a crust, turn them over and let them brown on the other side

12. remove from the pan and serve with a dipping sauce

13. for the sauce, peel the garlic and squeeze through the press

14. grate the ginger and mix with all the other ingredients

15. taste and adjust the seasoning

Notes: Minced meat can be added to the filling

Skills: measuring, *mixing, grating, chopping, filling dumplings...*