



# STEAM-FRIED VEGETABLE DUMPLINGS

## - “JIAO ZI”

<b>Season:</b>	Any
<b>From the garden:</b>	Any combination of veggies you like e.g. <i>cabbage or other leafy greens, bok choy, leek, carrot, spring onion, coriander, garlic, mushrooms</i>
<b>Type:</b>	<i>Snack or main</i>
<b>Difficulty:</b>	<i>Easy</i>
<b>Country of origin:</b>	China
<b>Serves:</b>	<i>30 tastes</i>
<b>Source:</b>	<i>Adapted from:</i> <a href="https://www.foodinamminute.co.nz/Recipes/Chinese-Vegetarian-Dumplings">https://www.foodinamminute.co.nz/Recipes/Chinese-Vegetarian-Dumplings</a>

### Equipment

- Colander
- Chef's knife
- Chopping board  
etc
- Large bowl
- Grater
- Garlic press
- Mixing spoon
- Small bowl x2
- Teaspoon
- Fork
- Tray
- Baking paper
- Non stick frying pan with lid
- Tablespoon x2
- Small jug or cup
- Spatula
- Tongs or 2 large spoons

### Ingredients - dumplings

- \* Cabbage or leafy greens - enough to make 1 c finely chopped
  - \* Veges e.g. 1 carrot, 1 leek, spring onion
  - \* Handfuls of fresh coriander leaves
  - \* 2 cloves garlic
  - \* *Tiny* pinch of ground ginger or ¼ tsp fresh, finely grated ginger
  - \* 1 Tbsp hoisin sauce
  - \* 2 tsp soy sauce
  - \* 2 tsp cornflour
  - \* ¼ tsp salt
  - \* Packet of defrosted dumpling wrappers
  - \* 1 Tbsp Cooking oil
- ### Ingredients - dipping sauce
- \* 6 tbsp regular soy sauce
  - \* 4 tbsp any kind of vinegar OR 2 limes
  - \* 1-3 tsp chili oil (optional)
  - \* 2 Tbsp finely grated ginger (optional)

\*3 cloves of garlic-minced

\*4 tsp sesame oil

\*2 tsp sugar-dissolved in a tbsp of hot water

## **Method - dumplings**

***Note that adult supervision is required where an asterisk \* is shown***

1. Wash and pat dry the leafy greens with a clean tea towel. Finely chop them until you have about 1 cup's worth, then tip into a large bowl.
2. Wash and pat dry the coriander with a clean tea towel. Finely chop the leaves. Add to the bowl.
3. Wash and dice one leek (use the white and light green parts only). Add to the bowl.
4. Wash and grate one carrot. Add to the bowl.
5. If using spring onion, wash and finely chop and add to the bowl.
6. Repeat process for any other veges being used.
7. Peel and crush the garlic using a garlic press. Add to the bowl.
8. If using fresh ginger, grate finely until you have about ¼ tsp and add to the bowl. Note: if you wish to also use fresh ginger in the dipping sauce, grate an extra 2 Tbsp and set aside.
9. Add the remaining dumpling ingredients into the bowl and combine well using tongs or two large spoons.
10. Wet the edge of a dumpling wrapper by dipping your finger into a small bowl of water and tracing your finger around the edge.
11. Place a teaspoonful of the filling in the middle of the wrapper. Fold wrapper in half to make a triangle or semi circle. Pinch the sides of the wrapper to seal the mixture or use a fork to crimp the edges together.
12. Stand dumpling (seam side up) on a tray lined with baking paper. Repeat with remaining filling and wrappers, keeping them separate on the tray to avoid the dumplings sticking together.
13. \* Put a non-stick frying pan onto the stove and turn the heat to medium.
14. \* Put a tablespoon of oil into the pan and then (in batches), the dumplings – it doesn't matter if they touch.
15. \* Pour about 4 tablespoons of water into the pan, cover with the lid and cook for around 5 minutes.
16. \* When the water has evaporated and the bottom edges of the dumplings are brown (you'll know because you'll be able to hear a 'sizzling' sound coming from the pan), flip the dumplings to brown the other sides. The best way to do this is to use a spatula and a spoon (tongs can tear them up). Browning should take about 5 mins

## **Method - dipping sauce**

1. If using limes instead of vinegar: roll them on the counter top to loosen up the juice inside them. Cut them in half and extract the juice using a manual juicer until you have about ¼ cup.

2. Mix all ingredients together in a small bowl.

Serve the dumplings with some dipping sauce on the side.

**Skills:** Working with dumpling pastry & using water as a 'sealant', being careful to not overfill dumpling wrappers, folding by hand, using sight and sound to determine doneness.