



# STEAM FRIED DUMPLINGS WITH A SOY DIPPING SAUCE

**Season:** Winter, spring  
**From the garden:** Cabbage, carrot, coriander, leafy greens, leeks, capsicum and beans (frozen)  
**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
- \*small bowls
- \*large frying pan with lid

## Ingredients

- \*2 medium carrots
- \* $\frac{1}{2}$  cabbage
- \*a few handfuls of mixed leaf vegetables like silverbeet, kale, spinach etc.
- \*1 cup each chopped capsicum and beans (frozen)
- \*small handful each of coriander and garlic chives)
- \*1 cm piece of fresh ginger
- \*2 cloves of garlic
- \*2 tbsp of hoisin sauce
- \*pinch of chilli powder
- \*1 tbsp sesame oil

**\*oil for frying**

**\*dumpling wrappers**

### **DIPPING SAUCE**

**\*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**

**\*3 tsp sugar dissolved in 1 tsp hot water**

**\*measuring cup and spoons**

**\*bowl and spoon**

**\*citrus juicer**

**\*garlic press**

**\*grater**

### **Method**

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

**2. chop all other vegetables and herbs 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 hoisin sauce, sesame oil and chilli powder**

**7. put some water in a small bowl 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  $\frac{1}{3}$  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...***

