

Cooking With Justin

Session: Dumpling Delight!

Overview:

Dumplings are a convenient way to put a whole bunch of ingredients together in every bite! The filling can be pre-cooked so you know just how it will taste, or raw to expedite preparation of a known recipe. Filled with any mixture you prefer (from scratch, leftovers, moo shu vegetables, or any take out if you want to ~~cheat~~ save time), they make an especially easy to reheat or defrost meal.

Session Plan:

- Discuss basic dumpling filling and variations
- Review of asian sauces
- Reivew dumpling assembly process
- Decide on dumpling fillings to make across all groups
- Prepare specialized ingredients (group activity)
- Make individual dumplings (group activity)
- Cook, share, eat! (group activity)

Recipes:

- Basic Pork / Turkey Dumplings (with options to customize to taste)
- Vegetarian Steamed Dumplings
- Dipping sauce

Further Information:

- www.jvsquad.us -> "cooking" menu for recipes and detailed directions
- handouts will be posted on line

Basic Pork / Turkey Dumplings

Prepared Ingredients:

- 1 1/2 cups of finely chopped Napa cabbage (aka Chinese long cabbage)
- 1 knob of fresh ginger
- 1/2 lb of ground meat of your choice (pork is the traditional Asian choice, but turkey is a healthy alternative)
- A dash of sesame oil (a little goes a long way)
- 2 Tablespoons of soy sauce (you can use more or less depending on your salt tolerance)
- 1/2 teaspoon of sugar
- 3-5 stalks of spring onions or scallions (optional)

Directions:

- 1) Peel (use a spoon) and mince the ginger as fine as you can.
- 2) If you choose to use spring onions or scallions, slice them as fine as you can
- 3) To prepare the Napa, peel several leaves off and cut the leafy parts from the stems. Cut these into fine cubes or squares. In a pot of boiling water, blanch the cut Napa until cooked through. Drain and using a clean towel or cheesecloth (or coffee filter in a pinch): squeeze out as much liquid as possible.
- 4) Marinate the ground meat in a mix of the sugar, minced ginger, sesame oil and soy sauce.
- 5) Add the prepared Napa and the optional spring onions or scallions to the meat and mix well.
- 6) Using prepared dumpling skins, place ~1 tablespoon of filling in each, coat half the circumference with egg wash, fold skin over while minimizing air inside, and shape / crimp as desired.

Notes:

- It is important to cook all vegetables you plan on putting into your dumplings and squeeze out as much liquid as you can out otherwise you will get soggy dumplings.
- If your filling seems too sticky or dry, add a little water or broth to loosen it up.
- If your filling seems too wet now, add a little cornstarch to pull it back together.
- If you pre-cook your filling, you can season to taste easily, but it takes a little extra prep. time
- Some other additional filling ingredients to try out:
 - Vegetables like shitake mushrooms, spinach, etc. (need to prepare similar to Napa)
 - Herbs like chives, leeks, cilantro, etc.
 - Or even better... cooked leftovers!

Vegetarian Steamed Dumplings

Prepared Ingredients:

- 1/2 pound **firm** tofu
- 1/2 cup grated carrots
- 1/2 cup shredded Napa cabbage
- 2 tablespoons each finely chopped red pepper and finely chopped scallions
- 2 teaspoons finely minced fresh ginger
- 1 tablespoon chopped cilantro leaves
- 1 tablespoon each soy sauce and hoisin sauce
- 2 teaspoons sesame oil
- 1 egg, lightly beaten
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 35 to 40 small wonton wrappers, bowl of water, plus additional water for steamer and non-stick spray

Directions:

- 1) Preheat the oven to 200 °F if preparing a large number of dumplings for immediate consumption.
- 2) Cut the tofu in half horizontally and lay between layers of paper towels. Place on a plate, top with another plate, and place a weight on top (a 14-ounce can of vegetables works well). Let stand 20 minutes.
- 3) After 20 minutes, cut the tofu into 1/4-inch cubes and place in a large mixing bowl. Add the carrots, cabbage, red pepper, scallions, ginger, cilantro, soy sauce, hoisin, sesame oil, egg, salt, and pepper. Lightly stir to combine.
- 4) To form the dumplings, remove a wonton wrapper from the package, brush the edges of the wrapper lightly with water. Place 1/2 rounded teaspoon of the tofu mixture in the center of the wrapper. Shape as desired and crimp. Set on a sheet pan and repeat procedure until the filling is gone.
- 5) Using a steaming apparatus of your choice, bring 1/4 to 1/2-inch of water to a simmer over medium heat. Spray the steamer's surface lightly with the non-stick vegetable spray to prevent sticking. Place as many dumplings as will fit into a steamer, without touching each other. Cover and steam for 10 to 12 minutes over medium heat. Remove the dumplings from the steamer to a heatproof platter and place in oven to keep warm. Repeat until all dumplings are cooked.

Further Information:

- Adapted from <http://www.foodnetwork.com/recipes/alton-brown/vegetarian-steamed-dumplings-recipe/index.html>

Dipping Sauce

Prepared Ingredients:

- 1/2 teaspoon minced garlic
- A pinch of finely minced or shredded ginger
- 1 Tablespoon soy sauce
- 1 Tablespoon Chinese red or black vinegar
- A dash of sugar

Directions:

- 1) Peel and mince or shred the ginger as fine as you can.
- 2) Peel and mince the garlic
- 3) Mix all of the prepared ingredients into a serving bowl
- 4) Enjoy!

Notes:

- All of these proportions can be changed according to your personal taste.
- If you wish, you can substitute the Chinese vinegar with Ponzu (a citrus flavored soy sauce)
- You can also spice things up and add chilli paste or chilli flakes.

Pre-made dumpling skins: egg-based (yellow, thinner) on the left, egg-free on the right. ~\$1.70 / lb



Basic Sauces

Soy-based:



- 1) "Ponzu" lemon-flavored soy sauce: lighter than soy sauce, good for dipping dumplings and goes well on fried rice that is not already heavily flavored. Also for use in (or marinating) chicken dishes.
- 2) "Ponzu" lime-flavored soy sauce: similar to above, but lime accented. Goes with different dishes (according to individual tastes).
- 3) Sushi & Sashimi soy sauce: lighter than soy sauce, sweetened, and fortified with rice wine vinegar to complement fish dishes.
- 4) Plain soy sauce: the standard. Buy reduced / low / less sodium unless you are a bad cook or know what you are doing.

Component / Other:



- 5) (Black) Sesame oil: adds a dark, smokey flavor to dishes. A little goes a **long** way!
- 6) Hoisin Sause: a staple of the Peking Duck dish, this is a thick savory and sweet sauce, good with multiple ingredient dishes that need a sauce to tie the flavors together. Think "Chinese Bar-B-Que sauce".
- 7) Red vinegar: a lightly sweetened vinegar, sometimes used in asian soups, and with a little jullienned ginger, good as a dipping suace for soup-based (Hong Kong style) dumplings. Also found in a dark version.

Session Evaluation: Dumpling Delight

Thank you for cooking with Justin today! Please take 1-2 minutes to provide some feedback so I can better tailor future sessions. Please note that a "3" is good, and all 5s is not particularly helpful.

Content:

	Not at All		Decent		Absolutely
1) The session was interesting	1	2	3	4	5
2) The material was covered in enough detail	1	2	3	4	5
3) Things moved along nicely	1	2	3	4	5
4) Technique was adequately demonstrated	1	2	3	4	5
5) Justin looked like he knew what he was doing	1	2	3	4	5
6) The handouts looked good/ useful	1	2	3	4	5

Participation:

	Not at All		Decent		Absolutely
1) This was worth your time	1	2	3	4	5
2) You would try another session	1	2	3	4	5
3) There was a healthy level of participation for you	1	2	3	4	5
4) You prefer hands-on to demonstration style sessions	1	2	3	4	5
5) You may try one or more recipes on your own	1	2	3	4	5

Possible Future Sessions:

	Not for me		Maybe		I'll Be There (If I can)
1) Fried rice: no-longer take out, make your own!	1	2	3	4	5
2) Cookie-press cookies...(Christ)mass production!	1	2	3	4	5
3) Biscuits and scones!	1	2	3	4	5
4) Sushi basics (focus on non-raw)	1	2	3	4	5
5) How about this:					

Comments & Suggestions:
