

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 eheat 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>

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 julliened 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:
