

Chinese Dumplings

(China)

Submitted by: Leah Shive

China is a large country that used to be ruled by many dynasties. Many things in America originated in China, such as my family's dumplings. China today is very different from Ancient China whereas in Ancient China there were emperors and dynasties. Today's China has a president and nobody has to worry about evil emperors coming to dominate China again.

My grandma learned this recipe from her mom which she taught my mom to make. I am not entirely sure which family member of mine created it, but I know that my mom was taught by my grandma and my grandma was taught by her own mom and so on.

Ingredients:

For Dumplings (Jiaozi) Dough:

3 cups of all-purpose flour

1 1/2 cups of water

For Filling:

1 pound ground pork

2 cups Napa Cabbage

1 teaspoon salt

1 tablespoon soy sauce

1 teaspoon five flavored powder

1 tablespoon ground ginger

1 tablespoon Chinese sherry wine

1 chopped scallion

Instructions:

Making the Dough:

Put all the flour in a mixing bowl, slowly add water to the bowl and mix at the same time.

Knead the dough in a smooth ball on a flat surface.

Cover the dough and let it rest for an hour

Making the Filling:

Put a pinch of salt on the Napa Cabbage, and make sure squeeze out extra water from the Napa Cabbage.

In a bowl, mix together Napa Cabbage, ground pork, remainder of salt, soy sauce, five flavored powder, ginger, Chinese sherry wine, and scallion.

Assembling the Dumplings:

After the dough has rested, knead it again making sure it's smooth.

Divide the dough into quarters. Roll each quarter into a stick and cut into 12-15 pieces (this recipe should make 50-60 dumplings). Form each piece into a ball and roll out into a 3-inch circle (dumpling wrapper).

Place about 1 tablespoon of filling on the middle of each wrapper.

Fold the top and bottom of the wrapper together, covering the filling inside, and pinch the edge of wrapper to seal.

Work through the rest of the dough, about 50-60 dumplings for this recipe.

Cooking the Dumplings:

Boil the large pot of water.

Add 20-30 dumplings into the boiling water (depends on the size of the pot).

Gently stir the dumplings, making sure they don't stick together.

After the water boils again, add a cup of water in and stir and bring to boil again.

After adding water and reboiling 3 times, they are ready to be removed from the stove.

Now serve and enjoy!

Tips: This recipe isn't a short one and will take quite a while. You will need plenty of workspace and all the ingredients. Just follow the instructions and soon you'll be a pro!