

Chinese Dumplings

(China)

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Dumplings are usually eaten on Chinese New Year, although they can be eaten anytime. The crescent shape signifies the brightness of the moon and also a bright new year. Yellow-colored dumplings show wealth because it's the same color as gold.

Legend says that there was a cold winter one year. Zhang Zhongjing, a Chinese medicine practitioner, who lived in the Eastern Han Dynasty, took some herbs and wrapped them up in dough. This helped everything stick together and stay warm. It helped people get through the winter because it was warm and the herbs inside of it had many healing properties.

Ingredients:

Premade dumpling wraps (available at Safeway, Wegmans, or any Asian grocery store)

Meat (any kind you want)

Scallions

Any additional filling ingredients you want (shrimp, beef, pork, cabbage, etc.)

Instructions:

Mix all of the filling ingredients together.

Place some of the filling on the middle of a dumpling wrap and then wrap the opposite sides together. Pinch the top so that the filling doesn't come out.

Repeat this process until all of the filling is gone.

Either boil, steam, or fry the dumplings.

Tips: Be sure to pinch the top of the dumpling so that no filling comes out. Dumplings taste better if you dip them in vinegar or soy sauce.