

HEATHER'S

DUMPLINGS

INGREDIENTS

- 1.5 lbs. of Napa Cabbage
- 1.5 lbs. of ground pork
- 1/3 cup of Shaoxing wine (Chinese Cooking Wine)
- 3 Tbsp of Sesame Oil
- 1 Tbsp of Salt
- 3 Tbsp of soy sauce
- 1/3 cup of Oyster Sauce
- 1.5 Tsp of Cornstarch
- 0.5 Tsp of White Pepper.
- 2 - 3 packages of dumpling wrappers
- 1 cup of water

INSTRUCTIONS

1. Wash your cabbage thoroughly. Chop cabbage very finely. (I recently discovered the benefits of the food processor for this job. A couple of pulses will work.)
2. In a large bowl, stir together the cabbage, meat, wine, sesame oil, salt, soy sauce, white pepper, oyster sauce, and cornstarch. Mix until very well combined. We want the filling to have a very soft, smooth texture; it almost looks like a paste. If the filling looking a little watery, add a little more cornstarch until you get the desired consistency.
3. To wrap the dumplings, dampen the edges of each circle with some water. Put a little less than a tablespoon of filling in the middle. Fold the circle in half and pinch the wrapper together at the top. Then make two folds on each side, until the dumpling looks like a fan. Make sure it's completely sealed. Repeat until all the filling is gone, placing the dumplings on a baking sheet lined with parchment. Make sure the dumplings aren't sticking together.



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INSTRUCTIONS CONT.

- See this YouTube video for visual instructions: [How to wrap Dumplings - Easy and Perfect](#)
4. If you'd like to freeze them, wrap the baking sheets tightly with plastic wrap and put the pans in the freezer. Allow them to freeze overnight. You can then take the sheets out of the freezer, transfer the dumplings to Ziploc bags, and throw them back in the freezer for use later.
5. To cook the dumplings, boil them or pan-fry them.
- To boil, simply bring a large pot of water to a boil, drop the dumplings in, and cook until they float to the top and the skins are cooked through, but still slightly al dente.
 - To pan-fry, heat 2 tablespoons of oil in a non-stick pan over medium-high heat. Place the dumplings in the pan and allow to fry for 2 minutes. Pour a thin layer of water into the pan, cover, and reduce heat to medium-low. Allow dumplings to steam until the water has evaporated. Remove the cover, increase heat to medium-high and allow to fry for a few more minutes, until the bottoms of the dumplings are golden brown and crisp
6. Serve with soy sauce, Chinese black vinegar, chili sauce, or other dipping sauce of your choice! (I prefer to use soy sauce, rice vinegar/mirin, very little sesame oil, and some sriracha!)