

DUMPLINGS

I am bat-shit-crazy for dumplings right now. These dumplings are a make ahead miracle. You can make them and freeze them in a bag until you are ready to use. Then all you need to do is pull them out and add to soup, steam or cook as pot stickers.



INGREDIENTS

500g mince - chicken, pork or prawn (or a mix)

About 5cm fresh ginger

2 cloves garlic

1 bunch spring onions

½ bunch coriander

2 TB soy sauce

1/4 of a wombok or cabbage (white or red), shredded

Two packets of wonton wrappers (circles)

METHOD

Grate the ginger and garlic with a fine grater or ideally a microplane if you have it.
Chuck them in a bowl.

Finely chop your spring onions and coriander. Chuck into the bowl.

Chuck everything else into the bowl except the wrappers.

Get your hands in there and mix it all through.

Lay out your wonton wrappers on your bench and put teaspoons of mixture into the middle.

Line half of the outside rim of the wrapper with water (you can just use your finger dipped in water) and then fold the wet rim half onto the other half.

Make sure it is fully sealed and all air bubbles have been pushed out.

If you want to make them fancy you can pleat them, just YouTube it.

STEAMED

Steaming – line your veggie steamer with some baking paper and put your dumplings in with the lid on. Steam over boiling water for about 10 mins.

SOUPED

In soup – make a basic noodle soup with some veggies, chicken stock, and soy sauce. Once your soup is at a good flavour level, bring to boil, add your dumplings and cook for 10 minutes. Pull the dumplings out with a slotted spoon and serve into bowls. Add your noodles to the soup and boil until cooked. Then spoon the soup over the dumplings.

POT STICKERS

Pot-stickers – heat some oil in a fry pan until hot. Add your dumplings to the pan and fry until a nice brown appears on the underside of those babies (about 2 mins). Then add ½ cup water and quickly put a lid on top. Cook until the inside of the dumplings are cooked through and the water is gone (about 4 mins).