

DUMPLINGS

Jiǎozi

Time: 1 hour

(Resting 1 hour 10 minutes)

Serving: about 50 dumplings

- * 420g all-purpose flour
- * ½ tsp salt

Filling:

- * 3 cups shredded Chinese/Napa cabbage
- * 250g ground pork
- * ½ cup sliced spring onion or leek
- * 1 egg, beaten
- * 1 Tbsp sesame oil
- * 1 Tbsp soy sauce
- * ¼ tsp salt
- * ¼ tsp sugar
- * ¼ tsp white pepper

Dipping sauce:

- * 3 Tbsp soy sauce
- * 1 Tbsp rice vinegar
- * Dash of sesame oil
- * Chopped chilli (optional)
- * White sesame seeds (optional)
- * Chopped coriander (optional)

For cooking:

- * ½ cup oil (optional)
- * 2 Tbsp corn flour (optional)

- 1 Mix flour and salt in a mixing bowl, then add 200ml water.
- 2 Knead (5 minutes with a hook mixer) until it's a smooth, firm dough.
- 3 Shape it into a ball, place it back in the mixing bowl and cover with a damp cloth. Refrigerate for an hour.
- 4 Knead it again for 3 minutes, and put it back in the fridge for 10 minutes.
- 5 Make a hole in the centre of the dough to create a doughnut-shaped ring.
- 6 Stretch it out so that the dough is roughly 3cm thick. Use a sharp knife to cut the ring into 3cm pieces, dusting with flour to prevent sticking.
- 7 Roll the pieces out into flat discs on a floured surface to about 10cm in diameter. Cover these wrappers with a slightly damp towel so that they don't dry out.
- 8 Mix the filling ingredients together.
- 9 Place a heaped teaspoon of filling onto the centre of a wrapper. Press two ends together with a dab of water to stick it together.
- 10 Pleat twice on each side towards the middle. Repeat to use up all the wrappers and filling.
- 11 Cook (see below) and serve with dipping sauce or in a broth.

Dumplings can be cooked two ways:

- 1 Boil water with a little salt in it and place filled dumplings in the water. They'll start floating and become slightly translucent once cooked.
- 2 On medium heat, add oil to a non-stick pan. Place filled dumplings in a circle in the pan and let them fry for a minute. Pour in ½ cup water. Mix corn flour with 1 cup water and pour it into the pan. Put the lid on and cook for 8–10 minutes. The dumplings are ready when they start crisping up on the bottom.

