



Pork and Chive Dumplings with Dried Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ounces cabbage roughly chopped ()
- ☐ 0.5 cup chives green finely chopped
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons fish sauce dried
- ☐ 1 large eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.1 teaspoon ginger fresh finely grated

- ☐ 1 clove garlic finely chopped
- ☐ 1 pound ground pork
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon oyster sauce
- ☐ 2 teaspoons rice wine such as shaoxing, or medium-dry sherry chinese
- ☐ 0.8 teaspoon salt
- ☐ 1 spring onion green thinly sliced (part only)
- ☐ 2 spring onion green thinly sliced (parts only)
- ☐ 0.5 teaspoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 1 teaspoon sriracha (Southeast Asian chile sauce)
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup rice vinegar
- ☐ 4.5 tablespoons vegetable oil

Equipment

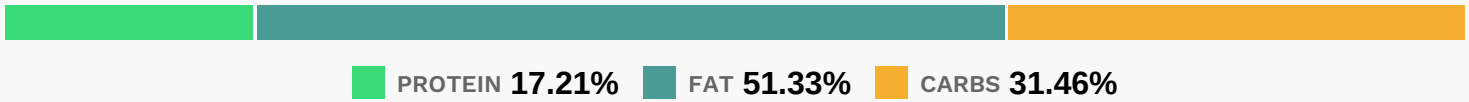
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Make dough
- ☐ In large bowl, combine flour, salt, and 1 cup boiling water. Using wooden spoon, mix until dough forms shaggy ball, then transfer to lightly floured surface and knead until smooth and shiny, 6 to 8 minutes. (Alternatively, mix and knead using electric mixer fitted with dough hook; kneading time will be shorter.) Wrap lightly in plastic wrap and let rest at room temperature 20 minutes.
- ☐ While dough rests, make filling
- ☐ In large bowl, combine all ingredients. Using hands, gently knead mixture in bowl until just combined. Refrigerate until ready to use.
- ☐ Roll out wrappers
- ☐ Line large baking sheet with paper towels and dust lightly with flour. Divide dough into 3 even pieces. On lightly floured surface, using palms of hands, roll each piece into 3/4-inch-diameter log. Using floured knife, cut each log into 1-inch-long sections.
- ☐ Pinch 1 dough section out into circle, then roll out on floured surface using floured rolling pin to 4-inch-diameter round.
- ☐ Transfer round to baking sheet and repeat with remaining dough sections, stacking rounds in layers on floured paper towels.
- ☐ Fill and pleat dumplings
- ☐ Line second large baking sheet with paper towels and dust lightly with flour. Hold 1 wrapper in palm of hand. Using fingertip dipped in water, gently wet around edge of wrapper.
- ☐ Place 1 heaping tablespoon filling in center of wrapper, then fold wrapper in half without sealing edges, cupping half-moon (open side-up) between thumb and fingers and gently tamping down filling with other hand to keep edge of wrapper free of filling.
- ☐ Using thumb and forefinger of left hand, begin pinching edges of wrapper together while pushing 1 edge into tiny pleats with thumb of right hand. Continue pleating and pinching across entire semicircle until wrapper is sealed (unpleated side will automatically curve). Set dumpling, sealed edge up, on baking sheet and repeat with remaining wrappers and filling.
- ☐ To steam dumplings
- ☐ In large saucepan with tight-fitting lid, bring 1 1/2 inches water to boil. Lightly oil metal steamer (if using bamboo, line with cabbage leaves to prevent sticking) and set in pan. Arrange dumplings, sealed edges up, on steamer, cover, and steam until filling is firm and wrappers are slightly translucent.
- ☐ To pan-fry dumplings

- ☐ In large lidded nonstick sauté pan over moderately high heat, heat 1 1/2 tablespoons vegetable oil until hot but not smoking.
- ☐ Add 13 to 14 dumplings, pleated sides up and sides not touching, and immediately pour in enough cold water to come halfway up sides of dumplings (use care; oil may splatter). Cover and cook until liquid is evaporated and bottoms of dumplings are crisp and golden, about 10 minutes. (Use spatula to loosen and lift edges to check bottoms; replace lid and continue cooking if necessary, checking after 1 to 2 minutes.)
- ☐ Transfer dumplings, crisp sides up, to platter and keep warm. Repeat with remaining 2 batches of dumplings.
- ☐ While dumplings are cooking, make dipping sauce
- ☐ In medium bowl, stir together all ingredients.
- ☐ Serve dumplings warm with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:2.8921739348899%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 74.51kcal (3.73%), Fat: 4.19g (6.44%), Saturated Fat: 1.18g (7.41%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.51g (0.57%), Cholesterol: 15.62mg (5.21%), Sodium: 186.53mg (8.11%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 3.16g (6.32%), Vitamin B1: 0.14mg (9.14%), Vitamin K: 9.03µg (8.6%), Selenium: 5.38µg (7.68%), Vitamin B3: 0.94mg (4.72%), Vitamin B2: 0.07mg (4.07%), Folate: 15.86µg (3.97%), Phosphorus: 33.06mg (3.31%), Manganese: 0.07mg (3.3%), Vitamin B6: 0.06mg (2.95%), Iron: 0.51mg (2.84%), Vitamin C: 2.19mg (2.66%), Zinc: 0.33mg (2.21%), Potassium: 56.24mg (1.61%), Vitamin B12: 0.09µg (1.54%), Vitamin B5: 0.14mg (1.4%), Magnesium: 5.27mg (1.32%), Fiber: 0.33g (1.32%), Copper: 0.02mg (1.04%), Vitamin E: 0.16mg (1.04%)