

STARTER & SNACK

# Shrimp, Scallop and Pork Shumai

5 October 2026

| TOTAL TIME | PREP   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|-------------|----------|
| 10 min     | 10 min | 40     | \$0.57      | 189 kcal |



Shrimp, Scallop and Pork Shumai could be just the dairy free recipe you've been looking for. This recipe makes 40 servings with 210 calories, 7g of protein, and 16g of fat each. For 57 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals.

## Ingredients

- ☐ ½ pound bay scallops

☐ 2 teaspoons cornstarch

☐ 2 tablespoons minced fresh cilantro leaves

☐ 40 servings Minced green onions, for garnish

☐ ½ lemon, juiced

☐ 40 servings Serving suggestion: soy sauce or dipping sauces
- ☐ 40 servings Canola oil, for brushing the steamer

☐ 2 egg white, whipped

☐ 2 tablespoons minced fresh ginger

☐ ½ pound ground pork

☐ 1 cup frozen peas

☐ 2 teaspoons rice wine vinegar

☐ 40 servings Savoy cabbage, for lining the steamer, optional

☐ 1 tablespoon sesame oil

☐ ½ pound shrimp, shelled and deveined

☐ 40 servings Sea salt and freshly ground black pepper

☐ 2 tablespoons minced shallots

☐ 10 ounce package round wonton wrappers (about 40 to 50 wrappers per package)

EQUIPMENT Food processor, Bowl, Baking sheet, Wok

## Method

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- 1 Watch how to make this recipe.
- 2 Combine the shrimp, scallops, pork, ginger, cilantro, shallots, vinegar, sesame oil and egg whites in a food processor. Season with salt and pepper, add the corn starch and lemon juice and pulse to combine-- I like my fillings to have a little texture. (Alternatively chop the shrimp and scallops finely then add the pork, ginger, cilantro and vinegar and chop together.
- 3 Transfer the mixture to a bowl and rapidly mix in the vinegar, sesame oil, egg whites, seasoning, corn starch and lemon juice.)
- 4 To make the shumai: Hold a wonton wrapper in your hand. Spoon 1 tablespoon of the filling into the center of the wrapper (rinse the spoon in cold water so the filling doesn't stick). Gather the edges of the wrapper up around the filling and squeeze the sides together with your fingers forming a little pleated cup. (The sides will naturally pleat, leaving the filling slightly exposed.) Tap the dumpling on the table so the bottom is flat and it stands upright then set aside on a baking sheet. Repeat with the remaining wrappers and filling. Top each shumai with a pea. (You can freeze any leftover filling.)
- 5 Lightly oil the bottom of a bamboo steamer then line it with the cabbage leaves. Stand the dumplings in the steamer in a single layer taking care that they don't touch one another. (A 10-inch steamer will accommodate 12 shumai). Bring about 2 inches of water to a boil in a wok. Set the bamboo steamer in the wok, cover it with the bamboo lid and steam until the shumai feel firm, 10 to 12 minutes.
- 6 Serve the shumai immediately garnished with green onions and accompanied by soy sauce or dipping sauces of your choice.

## Nutrition per serving

**189**

KCAL

**6 g**

PROTEIN

**16 g**

FAT

**7 g**

CARBS

|               |                               |
|---------------|-------------------------------|
| Saturated Fat | 1.6 g · 10% of daily needs    |
| Fibre         | 0.7 g · 3% of daily needs     |
| Sugar         | 0.7 g · 1% of daily needs     |
| Sodium        | 1,082 mg · 47% of daily needs |
| Cholesterol   | 15.2 mg · 5% of daily needs   |
| Vitamin C     | 3.1 mg · 4% of daily needs    |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/shrimp-scallop-and-pork-shumai-147973](https://whatsheate.com/shrimp-scallop-and-pork-shumai-147973)