

# Shrimp Shumai

 Dairy Free

READY IN



48 min.

SERVINGS



5

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons egg whites (1 egg)
- ☐ 1 tablespoon ginger juice grated
- ☐ 2 teaspoons granulated sugar
- ☐ 1 teaspoons sauce
- ☐ 5 servings napa cabbage for lining steamer
- ☐ 2 teaspoons oyster sauce
- ☐ 2 ounces fat
- ☐ 1 teaspoon potato flour

- ☐ 3 tablespoons potato flour
- ☐ 5 servings spring onion white minced
- ☐ 2 teaspoons sesame oil
- ☐ 1 tablespoon rice wine
- ☐ 18 ounces shrimp shelled
- ☐ 7 ounces fat-trimmed beef flank steak
- ☐ 0.3 teaspoon pepper white
- ☐ 24 wonton wrappers
- ☐ 0.5 teaspoons frangelico
- ☐ 0.5 teaspoons frangelico

## Equipment

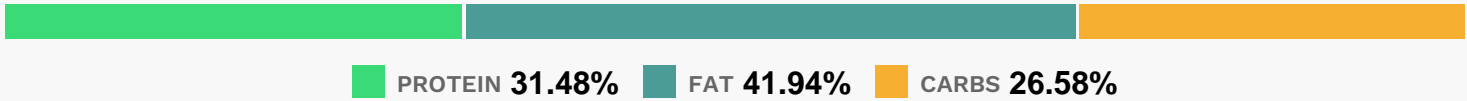
- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ kitchen towels

## Directions

- ☐ Peel the large shrimp, then use a sharp knife to slice them in half from head to tail (center). If your shrimp are very large, you may need to cut them in half once again (far right).
- ☐ Remove the dark vein if present, then add the shrimp to a large bowl.
- ☐ Add 2 tablespoons of egg white, 1 teaspoon of potato starch, and 1/2 teaspoon of salt to the halved shrimp, then use your fingers to vigorously "whisk" the shrimp together with the egg until the shrimp are evenly coated with a white froth. If you're using a food processor, roughly chop the pork fat, and add it to the food processor. Process until finely minced.
- ☐ Add the small peeled shrimp and calamari, and pulse until there are no big chunks, but not to the point where it turns into a paste. If you are doing it by hand, finely mince the fat, small shrimp and calamari separately and add to a large bowl.

- ☐ Add the scallions, potato starch, egg white, ginger juice, Shaoxing wine, sugar, sesame oil, oyster sauce, soy sauce, salt, and white pepper. Pulse the food processor until combined, or use your hand to "whisk" the mixture together thoroughly. Prepare a large steamer and line the bottom with napa cabbage or lettuce (this prevents the dumplings from sticking to the steamer). Bring the water to a boil. To wrap the shumai, form an "o" with your left hand (assuming you're right handed). Cover the "o" with a wrapper, then put a generous teaspoon of filling in the middle.
- ☐ Add a half shrimp on top, pressing the dumping into the "o".
- ☐ Add another teaspoon of filling, then use the thumb of your opposite hand to press the dumping all the way into the "o" shape in your hand, using your thumb to level off the top. Top with one more half of shrimp. Make sure the colored side of the shrimp faces up so it turns red when cooked. Make sure the top and bottom of the dumpling are flat, then repeat until you have enough dumplings to fill the steamer. Turn off the heat, then place the dumplings in the hot steamer, leaving enough space between the dumplings so they are not touching each other. Cover the steamer with a damp kitchen towel, then cover with the lid. Flip the corners of the towel back over the lid to keep them from catching on fire. The towel keeps the condensation from dripping on the dumplings.Turn the heat back on and steam the shumai over high-heat for 8 minutes.
- ☐ Serve with vinegar and Chinese mustard.

## Nutrition Facts



## Properties

Glycemic Index:26.82, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:12.534347894399%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 427.52kcal (21.38%), Fat: 19.67g (30.26%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 26.88g (9.78%), Sugar: 2.21g (2.45%), Cholesterol: 202.54mg (67.51%), Sodium: 439.54mg (19.11%), Alcohol: 0.48g (100%), Alcohol %: 0.28 (100%), Protein: 33.22g (66.44%), Phosphorus: 317.73mg (31.77%), Selenium: 21.3µg (30.43%), Copper: 0.5mg (25.23%), Zinc: 3.73mg (24.88%), Vitamin B3: 4.16mg (20.78%), Vitamin B1: 0.24mg (15.85%), Vitamin B2: 0.27mg (15.78%), Manganese: 0.3mg (14.87%), Iron: 2.61mg (14.52%), Magnesium: 56.98mg (14.25%), Potassium: 488.11mg (13.95%), Vitamin K: 13.66µg (13.01%), Vitamin B12: 0.68µg (11.35%), Vitamin

B6: 0.22mg (10.8%), Folate: 38.69µg (9.67%), Calcium: 95.1mg (9.51%), Fiber: 1.16g (4.62%), Vitamin D: 0.32µg (2.15%), Vitamin C: 1.62mg (1.96%), Vitamin A: 73.99IU (1.48%)