



Steamed Pork-and-Mushroom Shumai

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon asian chile paste (such as sambal oelek)
- ☐ 2 teaspoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 inch ginger
- ☐ 0.3 pound ground pork
- ☐ 1 tablespoon soya sauce light
- ☐ 2 tablespoons soya sauce light
- ☐ 1 tablespoon shaoxing rice wine dry

- ☐ 1 scallion finely chopped
- ☐ 12 servings sea salt and pepper freshly ground
- ☐ 1 teaspoon sesame oil toasted
- ☐ 5 mushroom caps
- ☐ 12 servings vegetable oil for brushing
- ☐ 12 square wonton wrappers

Equipment

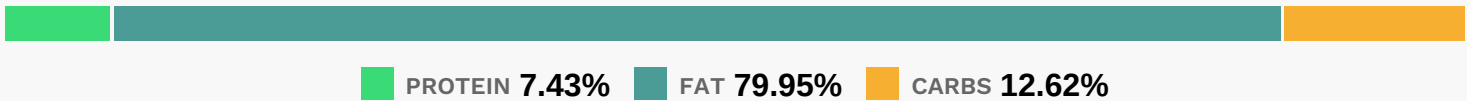
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ wok

Directions

- ☐ Make the filling: Peel the ginger by scraping it with a spoon, then grate 1 tablespoon. Stem and finely chop the mushrooms.
- ☐ Combine the ginger, mushrooms, scallion, pork, soy sauce, rice wine, sesame oil and cornstarch in a large bowl. Season with salt and pepper.
- ☐ Mix well with your hands until all of the ingredients are incorporated.
- ☐ Place a damp paper towel over the wonton wrappers to keep them from drying out.
- ☐ Remove 1 wrapper and brush with some of the beaten egg.
- ☐ Make a circle with your thumb and index finger; lay the wrapper on top, nudging it down to create a cup.
- ☐ Add 2 teaspoons filling, then pat the filling down with the back of a spoon.
- ☐ Fold the overhanging wrapper edges down, leaving the filling exposed. Press the wrapper firmly around the filling. Pat the top and bottom of the dumpling to make it flat.
- ☐ Top the dumpling with a dried goji berry or 1 each frozen pea and carrot. Repeat to form the remaining dumplings.

- ☐ Cut out a round of parchment paper to fit in a bamboo steamer and punch holes in the paper to let steam through. Line the steamer with the parchment and brush with vegetable oil; arrange the dumplings in the steamer and cover.
- ☐ Put the steamer in a wok or skillet with a few inches of boiling water, making sure the water does not touch the bottom of the steamer. Steam the dumplings 8 to 10 minutes, or until the pork is cooked through.
- ☐ Combine the chile paste and soy sauce in a small shallow bowl.
- ☐ Serve with the dumplings for dipping.
- ☐ Photograph by Eric Wolfinger

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:4.2960869436679%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 189.38kcal (9.47%), Fat: 16.89g (25.98%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.39g (0.43%), Cholesterol: 22.98mg (7.66%), Sodium: 500.39mg (21.76%), Alcohol: 0.2g (100%), Alcohol %: 0.5% (100%), Protein: 3.53g (7.07%), Vitamin K: 27.89µg (26.56%), Selenium: 6.14µg (8.77%), Vitamin E: 1.2mg (8.03%), Vitamin B1: 0.12mg (7.68%), Vitamin B3: 1.26mg (6.28%), Vitamin B2: 0.09mg (5.36%), Manganese: 0.09mg (4.51%), Phosphorus: 44.72mg (4.47%), Vitamin B6: 0.08mg (3.79%), Iron: 0.58mg (3.21%), Folate: 11.32µg (2.83%), Zinc: 0.4mg (2.7%), Vitamin B5: 0.24mg (2.36%), Potassium: 77.98mg (2.23%), Magnesium: 7.59mg (1.9%), Copper: 0.04mg (1.88%), Vitamin B12: 0.1µg (1.75%), Fiber: 0.37g (1.48%)