

DIY CHINESE DUMPLING

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A program by PVPHS PTSA Diversity, Equity and Inclusion Committee

INGREDIENTS

- Dumpling wrappers (sold at Ralphs as wonton wraps, Ranch 99, H-mart, Hannam chain supermarket) or DIY dumpling wrappers
- Small bowl of warm water
- 1 pound ground pork (you can use ground chicken, ground beef, or vegetables)
- 2 pounds cabbage
- Green onions – 2-3 stalks finely chopped
- Ginger – one inch, peeled and finely chopped, minced
- Soy sauce – 3-4 tablespoons
- Sesame oil – 1 tablespoon
- Vegetable oil-3 tablespoons
- Salt and pepper to taste. White pepper preferred/will be a plus, could without, but no black pepper

PREPARATION

1. Cut cabbage into small pieces, set it into a bowl, put some salt then mix it, leave it around for five minutes, then pinch dry the water from the cabbage, set aside on a plate.
2. Finely chop green onion and ginger, heat a small amount of vegetable oil and pour it onto ground green onion and ginger, then mix them.
3. Put cabbage, chopped green onion and ginger together, then put some soy sauce, sesame oil, white pepper powder, mix them thoroughly.
4. Open the package of dumpling wrapper, take one piece of dumpling wrapper, put a bit of water on the edge of wrapper, Scoop about 1 tablespoon (or less, so you can easily fold the dumpling) of dumpling filling and place it in the center of the wrapper. Hold the dumpling with one hand and start sealing the edges with the other hand. Be careful, when you press the edges together to seal the dumpling, do not let filling touch the sealing area (the dumpling will fall apart if you do). After folding, press edge again to seal well, then continue do it one by one.
5. Bring a large pot of water to a boil. Add dumplings into the water. Use a big ladle to stir a few times. Cover and cook until the water starts to boil again. When water is boiling, add some cold water into the pot, until the water is boiling again, (three times like this), then take out the dumpling from pot, you can enjoy your DIY dumpling.