

韭菜 豬餃



CHIVE & PORK DUMPLINGS

Tonifies Kidney Yang.
Strengthens the lower back and knees.
Warms the uterus.

INGREDIENTS

Dumpling mixture:

- 400 g (14 oz) chives, minced
- 250 g (8.8 oz) ground pork
- 200 g (7 oz) shrimp, peeled and deveined
- 50 g (1.8 oz) baby ginger, minced
- 5 g (0.2 oz) chicken bouillon
- 2 g (0.1 oz) salt
- 12 cc (12 ml) sesame oil

Dumpling skins

Dumpling sauce:

- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tsp vinegar
- 1 tsp garlic, minced
- 1 tsp sugar

Makes 6 – 10 servings

PREPARATION

- Chop shrimps into ¼ inch pieces.
- Place all ingredients of the dumpling mixture in a large bowl and mix with a whisk. Stir in one direction only until muscle fibers become visible and mixture binds. (Stirring in one direction insures that the mixture does not fall apart after cooking).
- If the mixture appears to be dry, add water or sesame oil.
- Wet dumpling skins by placing them single-layered on moist paper towels. Wait about ten seconds. This allows the peels to be more stretchable.
- For each dumpling, place approximately 2/3 tablespoon of the dumpling mixture in the center of the skin. Fold edges together and pinch along the edge to seal the dumplings. Place wrapped dumplings single layered on a cookie sheet.
- Combine all ingredients of the dumpling sauce in a small dish. Set aside.

COOKING

- If dry frying: Pour 2 tablespoon of oil into 12-inch sauté pan. Heat oil. Place 20 dumplings in the pan. Pour water into pan so that dumplings are only 1/3 submerged.
- If boiling: Bring 1 gallon of water to a rolling boil. Add 30 dumplings stirring gently to prevent sticking. Bring water to a second boil. Then add ½ cup cold water. Repeat. After third boil, or when dumplings are floating, remove dumplings from the water with a strainer.
- Serve with dumpling sauce.