

HEY DUMPLIN'! CLASS WITH CHEF K, JANUARY 30, 2022

DUMPLINGS INGREDIENTS & METHOD FILLINGS, DOUGH, SAUCES

PREPARE DUMPLING FILLINGS

If you're planning to fill and shape your dumplings immediately, begin by preparing your dumpling filling(s) and set aside while you make the dough for the wrappers.

*I recommend precooking vegetables in a filling to soften them and prevent them from tearing the wrapper.

DUMPLING FILLINGS

VEGETARIAN: TOFU, GINGER, GARLIC FILLING

Makes 15-20

Ingredients:

1 Tbsp	vegetable oil
1	garlic clove, minced
½ tsp	ginger, minced
1 Tbsp	tamari or soy
½ lb	extra firm tofu
1 each	scallion, sliced

Method:

- Heat oil in a wok or sauté pan, cook garlic and ginger for 1 minute or until fragrant.
- Crumble tofu into the pan and cook for another 5 minutes.
- Add scallion and remove from the heat to cool completely before using.

OMNIVORE: SHRIMP & PORK FILLING

Makes 15-20

Ingredients:

½ lb	ground pork
½ lb	finely chopped shrimp
2 tsp	sesame oil
1 tsp	minced or grated ginger
1	garlic clove, minced
1	scallion, thinly sliced
1 ½ tsp	salt
½ tsp	black pepper

Method:

- Combine all ingredients in a mixing bowl and stir together. Keep refrigerated while preparing the dumpling dough.

DUMPLING DOUGH

Makes approx. 30, 3.5-inch wrappers

Ingredients:

150 g (1 ¼ cup)	gluten free flour (such as Bob's Red Mill or Cup for Cup)
125 g (¾ cup + 3.5 Tbsp)	tapioca starch
125 g (½ cup + 3.5Tbsp)	<i>Sweet</i> rice flour
5 g (1 ¼ tsp)	xanthum gum
1 cup + ¼ tsp	water, heated between 115- 120 ° F

Tools Needed:

- a small bowl filled with water
- a small bowl with tapioca starch
- rolling pin
- bench scraper, metal, or a chef's knife
- bowl scraper, plastic, or rubber spatula
- a digital scale
- round cutter, glass, mug or bowl that is about 3.5 inches in diameter
- a baking sheet dusted with tapioca starch
- 3 damp kitchen towels
- large well-seasoned cast iron or nonstick pan with lid
- Coconut, Peanut, or Vegetable Oil (I'm using coconut), ½ cup
- a baking sheet lined with paper towel for cooked potstickers to drain

Method:

- Whisk together all the dry ingredients in a medium bowl and add 120°F water and mix with a fork until it forms a shaggy dough.
- Knead the dough for a few minutes until it comes together in a smooth ball.
- Dust work surface with tapioca starch if too sticky or add a few drops of water if too dry. The dough should be the consistency of playdough.
- Place dough in a mixing bowl and cover with a damp kitchen towel to prevent drying.
- Weigh 15-16g balls of dough (about 1.25 tablespoons of dough) – keeping them covered on the work surface with a damp towel to keep them from drying out.
- Dust your work surface (marble slab or countertop) with tapioca starch.

- Using the palm of your hand flatten a ball of dough into about 2 inches in diameter- if it feels dry or cracking, knead a few drops of water into the dough.
- Dust the dough disc lightly with tapioca starch on both sides and place it onto the dusted surface and roll into a very thin circle about 4 inches in diameter, making sure to flip and turn as you roll to prevent it from sticking to the work surface, dusting with more tapioca starch, if needed.
- The edges of your circle will be a bit frayed so you will use a round cutter, mug, or glass to cut the thin dough into perfect 3½ -inch diameter. (Gather the trim and save to re-roll and cut after you have finished cutting 3 wrappers – you may need a drop of water to refresh the dough).
- Set the cut wrappers aside under another damp towel. If you're planning on storing the wrappers in the refrigerator or freezer for later use, make sure you are dusting well with tapioca starch as you stack them, then wrap well in plastic.
- Repeat until you've made all your dumpling wrappers, making sure you keep the finished wrappers under a damp paper towel while you work.

FILLING DUMPLINGS

- Line up 6 wrappers at a time on your lightly dusted work surface.
- Dip your index finger into the bowl of water run it along the top edge of the wrapper- this is going to seal the dough together once you've shaped your dumpling.
- Scoop about 1 tablespoon or less of filling to the center of the dumpling wrapper.
- Shaping: Today we are making potstickers - as demonstrated in class.
- Be careful not to stretch the dough too much as you shape them - as it's not as elastic as doughs with gluten.
- Place the finished dumplings upright on the baking sheet and cover with the damp towel. Repeat with remaining wrappers/filling.
- Do not be concerned if small cracks form on the top of the dumpling – they will seal together when cooking – if a large tear happens, better to remove filling and shape a new one.
- At this point you can cook the dumplings immediately or else freeze them for later use – best to store in freezer even if it will only be a few hours before you cook them to prevent the filling from making the wrapper soggy.

COOKING POTSTICKERS

- Heat a large well-seasoned cast iron skillet or nonstick pan with 1½ tablespoons coconut oil over medium-high heat. Working in batches, place the dumplings into the oil, making sure they don't touch, until you've filled the pan. Pan-fry the dumplings for 2-3 minutes until the bottoms are golden brown.
- With a lid in one hand to protect from splatter, pour about ¼ cup of water over the dumplings (or just enough to cover the bottom of the pan) and quickly cover the pan with the lid. Reduce heat to medium and cook for 5-6 minutes more (or 7-8 minutes for frozen dumplings).
- Use a meat thermometer to check for doneness; The filling should be at least 165°F inside.
- Remove the lid and cook the dumplings for another 30 seconds to a minute to absorb some of the water. Transfer dumplings to a plate. Cook off any remaining water and repeat.

To store wrappers for later use: Lightly brush each wrapper with tapioca starch before stacking them up. Wrap the stack tightly in plastic wrap and store in a freezer-safe bag or airtight container. Refrigerate for up to 2 days or freezer for up to a month and defrost before use.

To freeze dumplings for later use: Remove the damp towel, make sure none of the dumplings are touching one another, and place the baking sheet in the freezer for at least an hour. Once the dumpling wrappers feel firm, you can transfer the dumplings to a freezer-safe storage bag. Cook frozen dumplings straight out of the freezer without defrosting.

DIPPING SAUCES

GUAVA CHILI SAUCE

Ingredients:

½ cup (170g)	guava jelly (an optional sweet to use is honey)
½ cup (120 ml)	water
2 Tbsp	rice vinegar
1 ½ tsp	non-gmo cornstarch
1	garlic clove, minced
½ tsp	red chili flake
½ tsp	salt

Method:

- Combine all ingredients in a saucepan, stir to dissolve the cornstarch
- Bring to a boil then reduce heat and simmer for 5 minutes.
- Once cool can store in a jar, refrigerated for up to 3 weeks.

TAMARI, SESAME & HAWAIIAN CHILI

Ingredients:

1 cup	Tamari
1-2 each	fresh chili, such as Hawaiian or Thai bird chili
2 each	scallion, sliced thin

Method:

- Combine all ingredients in a bowl and stir together. Use immediately or store in the refrigerator for up to 3 weeks.