

碧石山

WILDCHINA

CABBAGE AND PORK DUMPLINGS

Mei Zhang's Chinese New Year Recipe

jiaozi (boiled dumplings) are the most traditional northern Chinese dish. Traditionally, the emphasis is on skillfully rolling the doughy wraps so they are thin and yet stretchy, ready to bulge with a full spoonful of filling. In northern China, a girl is not deemed suitable for marriage until she has this skill. Well, we're glad we are not held by this tradition today. Simply buy the ready-made dumpling wraps from the frozen section of a local Asian store.

Just remember that if you buy them frozen, make sure you thaw them out naturally before you use them.

Serves 6

INGREDIENTS

Dumpling Filling:

1 lb minced pork
(organic & with some fat content)
3 packed cups of finely chopped napa cabbage
2 eggs
2 tbsp minced ginger
2 tbsp cooking wine
4 tbsp soy sauce
4 tbsp cooking oil
1 tsp sesame oil
Salt

Dipping Sauce

3 tbsp soy sauce
3 tbsp vinegar
1 tbsp spicy bean sauce (Lao Gan Ma brand recommended)
1 tsp sesame oil
¼ cup cilantro cut finely
1 tbsp green onion cut finely
2 cloves of garlic chopped finely
½ tsp salt

Make the filling:

Place cabbage in a large mixing bowl; sprinkle 2 teaspoons of salt and mix; sit for 15 minutes.

Meanwhile, place pork in a mid-sized mixing bowl; add eggs, ginger, cooking wine, soy sauce, sesame oil, soy sauce, and 2 teaspoons of salt; mix well.

Squeeze liquid from cabbage and discard the liquid; combine cabbage and pork in the large mixing bowl; mix well; set aside for use.

Make the dumplings:

Dip your fingers in water and wet the sides of dumpling wrapping; place a small ball of filling in the center of the wrapping and fold in half; carefully fold along the round edge of the wrapping to seal the dumpling; spread flour on the holding tray before placing the dumpling down so it doesn't stick.

Add 2 liters of water to a large pot; bring to boil and place dumplings in the water, one at a time. Don't over crowd the pot (15-20 dumplings in a mid-sized pot); lightly stir from the bottom of the pot to separate the dumplings; bring to boil.

Add 1 cup of cold water and bring to boil again; add another cup of cold water and bring to boil again. Cook in total for 8 minutes; drain and serve hot.