



## CHINESE CHICKEN (OR PORK) CHIVE DUMPLINGS



30 mins



25 mins



8 - 10 servings

30 - 40 Dumplings



- 1 cup** Napa or green cabbage finely chopped  
apprx. ¼ of a large head
- ¼ - ½ cup** Chinese garlic chives, finely chopped (apprx.  
¼ of a bunch)
- 2** Scallions (green parts only), sliced thin on  
diagonal
- ½ cup** Cilantro, finely chopped
- 1 teaspoon** Ginger, finely grated
- 2** Garlic cloves, finely chopped
- 2 lbs** Ground chicken or pork
- 3 teaspoons** Chinese rice wine (Shaoxing) or medium-  
Dry Sherry
- 3 tablespoons** Soy sauce
- 1 tablespoon** Oyster sauce
- 1 tablespoon** Sugar
- 1 teaspoon** Asian sesame oil
- 2 large** Egg, beaten
- ½ teaspoon** White or black pepper
- 1 tablespoon** Cornstarch
- 1 teaspoon** Salt
- 2 packages** Round Hong Kong style wonton wrappers

### Ingredients for Dipping Sauce:

- ¼ cup** Soy sauce
- 2 teaspoons** Rice wine vinegar
- ½ teaspoon** Sesame oil
- 1 - 2 teaspoons** Sugar
- 1 tablespoon** Hot water for sugar
- 1** Scallion (green parts only minced)
- 1 teaspoon** Garlic, minced
- 1 teaspoon** Ginger, minced
- 1 teaspoon** Sriracha or hot chile oil (optional)

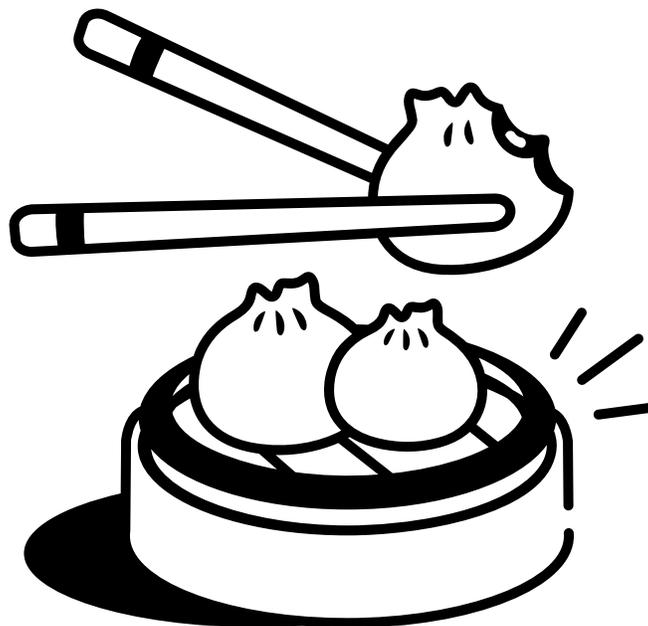
### DIRECTIONS for the filling:

1. **SLICE** cabbage thinly. **MINCE** chives, scallions, and cilantro. **GRATE** or **MINCE** ginger, and garlic.
2. **COMBINE** all vegetables, herbs, ginger, garlic, and chicken in a large bowl.
3. **STIR** in wine, soy sauce, oyster sauce, sugar, sesame oil, beaten eggs, black pepper, and cornstarch until well combined.
4. **DUST** a large baking sheet with flour.



## **DIRECTIONS to assemble and cook the dumplings:**

1. **FILL** 2 small bowls with water.
2. **PLACE** wonton wrapper in your palm. **FILL** with 1 tablespoon filling in center. **WET** edges & **FOLD** to seal. **PLEAT** and **PINCH** edges. **WATCH** demo video: <https://www.youtube.com/watch?v=P3tBvO0YFfQ>
3. **SET** dumplings upright on the flour dusted tray and push down gently creating a flat base; **REPEAT** with remaining filling
4. **Boil Method: DROP** 10 dumplings at a time into boiling water. **STIR. BRING** to a boil, **COOK** for 3 min. **ADD** 1 cup cold water and re-boil to finish cooking. They are done when they float to the top.
5. **Pan-Fry Method: HEAT** 1 tablespoon of neutral oil in a nonstick- pan. **ADD** dumplings pleated side up push down so the bottom is flat. **COOK** 2 - 5 minutes making sure they don't stick or break. **ADD** water 1/3rd way up sides, cover, and cook until all water has evaporated (about 5 minutes). With spatula, gently **SCRAPE** the bottom of the dumpling and remove.
6. **Dipping sauce: STIR** together in a small bowl all sauce ingredients. **DIP** dumplings in sauce and **SERVE**.





## EQUIPMENT NEEDED



- Chef's Knife
- Cutting Boards
- Measuring Spoons & Cups
- Large Serving Spoon
- Large Bowl
- 15 *Mise en Place* Bowls
- Colander
- Large Skillets with Lid
- Large Pot with Lid if boiling
- Thin Spatula



- Napkins
- Paper Towels
- Bowls
- Cups
- Spoons

## SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



**Fall**

Mushrooms, Pumpkin



**Winter**

Kale, Bok Choy



**Spring**

Asparagus Tips, Fresh Peas



**Summer**

Zucchini, Corn Kernels



## CULTURAL FACTS: DUMPLINGS



- Dumplings have been around for over 1,800 years, originating in ancient China.
- Their shape resembles ancient Chinese gold and silver ingots, reinforcing symbolizing wealth and prosperity, particularly during the Chinese New Year.
- The Chinese New Year follows the Lunar (Moon) Calendar, where as the American New Year is based on the Gregorian calendar, a solar (Sun) calendar.
- Steaming, boiling, or pan-frying dumplings each offer unique textures and tastes.
- Dumplings can be made as vegetarian or meat versions.

## NUTRITION FACTS

- **CARBS** for fast energy = dumpling wrappers, sugar
  - **FIBER** for digestion, feeling full = cabbage, chives, garlic, ginger
- **PROTEIN** for building body tissues, energy = chicken or pork, egg
- **FAT** for long lasting energy, feeling full = sesame oil, pork, chili oil
- **VITAMINS AND MINERALS** for immune health = cabbage, chives, scallions, garlic, ginger
  - **CALCIUM** for strong bones = cabbage, chives
  - **IRON** for healthy blood = pork, chives
  - **VITAMINS A & C** for immunity = cabbage, chives, scallions
  - **ANTIOXIDANTS** for cell protection = garlic, ginger
  - **SODIUM** for flavor and balance = soy sauce, oyster sauce

