

HOW TO FOLD A DUMPLING

START
HERE!

1. Brush edge of wrapper with egg (spoonful of filling in center)



2. Fold in half, pinch at midpoint



3. Right of midpoint, on top side of wrapper, fold a pleat angled toward midpoint. Pinch pleat to seal.



4. Repeat with 2 more pleats to the right of initial pleat.



5. Repeat with 3 more pleats to left of midpoint.



6. Make sure dumpling is sealed, repinching as necessary.



7. Finished dumpling!



Chinese Dumplings by Lin-Lin Yang Lin

(makes approx. 50 dumplings)

INGREDIENTS:

Wrappers

- 1 1/2 cups of lukewarm water
- 5 cups of flour

Filling

- 1 lb ground pork
- 1/2 lb salt treated, chopped, boiled Chinese greens (Napa cabbage) with as much liquid removed from them as possible (hint: twist clean towel around them and squeeze)
- 1 tablespoon pepper
- 2 tablespoons salt
- 1 tablespoon sugar
- 2 tablespoons sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons garlic power
- 1/3 cup of chopped green onion
- 1 beaten egg

METHOD:

Make the wrappers

1. Add the water into the 5 cups of flour, mix well. Knead the dough until it is smooth. Place the dough in a clean bowl, cover with a damp cloth. Let sit for 30 minutes.
2. Knead again, then roll a portion into a log shape. Cut log into slices, and roll slices into balls. Repeat with remaining dough as necessary. You should have approx. 50 balls.
3. Sprinkle flour on your rolling surface and roll out balls into flat round shape (like small pancake), about 1/8 inch thick.
4. Sprinkle some flour on both sides of those flat wrappers.

Make the meat filling

1. In a big bowl, mix ground pork, pepper, salt, sugar, sesame oil, garlic power, green onion and stir until the mixture is well blended.
2. Add chopped Chinese greens into pork mixture. Mix well until blended thoroughly.

Make the dumplings

1. Place a small spoonful of filling mixture onto a wrapper. Lightly brush edges of the wrapper with the egg. Fold wrapper and seal into desired dumpling shape (see drawing). Repeat until either mixture or wrappers have run out. Line the dumplings on a lightly floured tray.



Cook the dumplings

1. Fill a pot 2/3 with water and bring to boil. Place dumplings in the water, making sure that all dumplings are submerged. Cover the pot until it boils.
2. When water reboils add additional cup of cold water and reboil again.
3. When reboiled, take dumplings out, serve with soy sauce (add chopped garlic or sliced ginger for an addition option) and eat!

A Note from the Author's Parents

When we read this book, it becomes the summer, many, many years ago when we, with our daughters, returned to Taiwan.

Before returning, our memories were filled with farmers on the greenish rice paddies and the blue sky. But that was a dreamland, for Taiwan had quickly matured into the rows of high rises, busy streets, buses, and crowded subways. However, it was still our people, our culture, and our homeland.

But reading the return through our daughter's eyes brought back our surprise as well as showing us even more. There were so many things that we thought our children would know—from holding chopsticks to using the toilets—just because we did. Reading this book, reminded us how strange the familiar could be. We had thought that bringing our daughters to Taiwan was simply a good experience, one for them to enjoy. We did not expect it would be one of discovery as well.

The Taiwanese people are extremely warm and close-knit. It is a small island and people are somehow always connected. There are no boundaries and people open their hearts, wishing to meet yours.

Dumpling Days captures this and much more. This is the most memorable book for us because reading it is like coming home. Please come and visit our home. You are very welcome here.

Jer-Shang & Lin-Lin Yang Lin
Lin-Lin Yang Lin



Dumpling Days

by Grace Lin

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