

STEAMED VEGETABLE DUMPLINGS

Makes ~15 dumplings

INGREDIENTS

Filling

3 tablespoons oil, plus 1/4 cup
1 tablespoon minced ginger
1/2 large onion, chopped
1 cups shiitake mushrooms, chopped
1 1/2 cups cabbage, shredded
1 1/2 cups carrots, shredded
1/2 cup scallions, chopped
1/2 teaspoon white pepper
2 teaspoons sesame oil
2 tablespoons soy sauce
1 teaspoon sugar, brown sugar, or honey
salt, to taste

Dumpling Wrappers (or purchase)

3 1/2 cups all purpose flour
1 cup plus 2 tbsp room temperature water

DIRECTIONS

1. Make the dough for the dumpling wrappers. Put the flour in a large mixing bowl and slowly add the water to the flour. Knead into smooth dough (about 10 minutes). Cover with a damp cloth; let rest for 1 hour.
2. Make the filling. Place a wok or large skillet over high heat and add 3 tablespoons oil and ginger. Cook for about 30 seconds, until fragrant. Add onions and stir-fry until translucent and tender.
3. Add chopped mushrooms and stir-fry for another 3-5 minutes and liquid released by mushrooms is cooked off. Add cabbage and carrots; stir-fry for another 2 minutes until liquid released cooks off. Transfer vegetables to large mixing bowl and allow to cool.
4. Add to the bowl chopped chives, white pepper, sesame oil, soy sauce, and sugar. Season with salt to taste (esp if using low-sodium soy sauce). Stir in last 1/4 cup of oil.
5. Assemble the dumplings. Cut the dough into tablespoon-sized pieces and roll each into a circle. Dampen the edges of each wrapper. Place just less than a tablespoon of filling into the center of each circle of dough. Fold the wrapper around the filling, pinching at the middle point and pleating the wrapper edges together to create a fan-like shape. Continue assembling until you've used up all the dough or the filling.
6. Cook the dumplings. Line a steamer with a bamboo mat, cabbage leaf, or cheese cloth. Steam for 15-20 minutes.



Green Bronx Machine
Natural Health, Wellness and Learning Center