

Chinese Dumplings/Potstickers

Adapted from Jen of www.userealbutter.com

Makes about 30 dumplings or so

pork filling:

- 1 lb (450g) ground pork (I used ground turkey, it's a bit healthier)
- 4 large napa cabbage leaves, minced
- 3 stalks green onions, minced
- 7 shitake mushrooms, minced (if dried - rehydrated and rinsed carefully)
- 1/2 cup (75g) bamboo shoots, minced
- 1/4 (55g) cup ginger root, minced
- 3 tbsp (40g) soy sauce
- 2 tbsp (28g) sesame oil
- 2 tbsp (16g) corn starch

dough: (I made three batches of this, and probably ended up using 2 and a half)

- 2 cups (250g) all-purpose flour
- 1/2 cup (113g) warm water (I ended up needing about 1-2 tablespoons more water than this)
- flour for work surface

dipping sauce:

- 2 parts soy sauce
- 1 part vinegar (red wine or black)
- a few drops of sesame oil
- chili garlic paste (optional)
- minced ginger (optional)
- minced garlic (optional)
- minced green onion (optional)
- sugar (optional)

Make the Filling: Combine all filling ingredients in a large mixing bowl and mix thoroughly (I mix by clean hand). Cover and refrigerate until ready to use (up to a day, but preferably within an hour or two).

Make the dough: Place the flour in the work bowl of a food processor with the dough blade. Run the processor and pour the warm water in until incorporated. The dough should be very crumbly but bind together when kneaded with hands. Add more water if too dry. Pour the contents into a sturdy bowl or onto a work surface and knead until uniform and smooth. The dough should be firm and silky to the touch and not sticky. [Note: it's better to have a moist dough and have to incorporate more flour than to have a dry and pilling dough and have to incorporate more water).

Knead the dough about twenty strokes then cover with a damp towel for 15 minutes. Take the dough and form a flattened dome. Cut into strips about 1 1/2 to 2 inches wide. Shape the strips into rounded long cylinders. On a floured surface, cut the strips into 3/4 inch pieces. Press palm down on each piece to form a flat circle (you can shape the corners in with your fingers). With a rolling pin, roll out a circular wrapper from each flat disc. Take care not to roll out too thin or the dumplings will break during cooking - about 1/16th inch. Leave the centers slightly thicker than the edges. Place a tablespoon of filling in the center of each wrapper and fold the dough in half, pleating the edges along one side. Keep all unused dough under damp cloth.

To boil: Bring a large pot of water to a boil and add dumplings to pot. Boil the dumplings until they float.

To steam: Place dumplings on a single layer of napa cabbage leaves or on a well-greased surface in a steamer basket with lid. Steam covered for about 6 minutes.

To pan fry (potstickers): Place dumplings in a frying pan with 2-3 tbsp of vegetable oil. Heat on high and fry for a few minutes until bottoms are golden. Add 1/2 cup water and cover. Cook until the water has boiled away and then uncover and reduce heat to medium or medium low. Let the dumplings cook for another 2 minutes then remove from heat and serve.

To freeze: Assemble dumplings on a baking sheet so they are not touching. It helps to rub the base of the dumpling in a little flour before setting on the baking sheet for ease of release. Freeze for 20-30 minutes until dumplings are no longer soft. Place in ziploc bag and freeze for up to a couple of months. Prepare per the above instructions, but allow extra time to ensure the filling is thoroughly cooked.

To serve: Serve dumplings or potstickers hot with your choice of dipping sauce combinations.