



## Chicken and Mushroom Dumplings



### Global Links

Dumplings are known as a staple Chinese food, but exist in different formats in many cultures. Dumplings can be in a soup, folded in different styles, be vegetarian, meat filled, sweet or spicy. There are often regional variations that use local ingredients and favoured flavours.

Whether they are Buuz from Mongolia, Gyoza from Japan, Knish from Eastern Europe or Empanadas from South America, dumplings are a universally enjoyed food.



### Vocabulary

Dumpling (n)



jiǎo zi  
饺子

Cooking (v)



zuò fàn  
做饭

Delicious (adj)



hǎo chī  
好吃


Dumplings are a staple food in China which are enjoyed year round, but particularly during the colder months. There are many variations on the fillings, ways they are folded, and methods of cooking. Regional specialties are enjoyed across China. They are also a special food to make and enjoy as a family activity during Chinese New Year.


Curriculum Links Health and Physical Education (Food and Nutrition)


## Ingredients


### Chicken and Mushroom Dumplings


Makes 40–50 dumplings


 100 g Shiitake mushrooms, finely chopped (other mushrooms can be used)

 250g minced chicken


 ½ tsp. salt

 1 pinch ground Sichan pepper, or Chinese five-spice powder (optional)

 1 tsp light soy sauce

 80 g water chestnuts, finely chopped

 2 tbsp. cooking oil


 1 tbsp. scallions (spring onion), finely chopped

 Chicken stock

Dipping sauce: Soy sauce Chilli oil (optional)

## A. Method Making the dumpling mixture

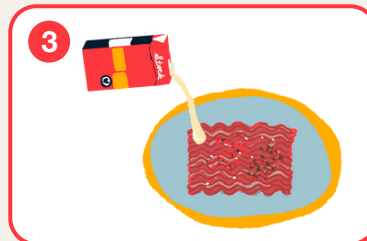
**!** Note: if using dry Shiitake mushrooms, soak them overnight, then squeeze to use for Step 1. Then in Step 3 replace the Chicken stock with mushroom water



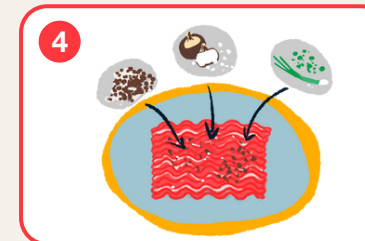

Remove mushroom stems and chop into small pieces



Place minced chicken into a different mixing bowl. Add soy sauce and salt, also Sichuan pepper / Five-Spice if using



Slowly add 5 Tbsp of chicken stock, mixing in until no more liquid can be seen




Add chopped mushrooms, water chestnut and scallions to the chicken




Pour hot cooking oil over the mixture and mix well

## B. Method Folding the dumplings

**1** Using pre-bought dumpling wrappers, or dumpling wrappers you've made (use 1.5 times the recipe to make enough for this mixture), wrap the dumplings in your preferred style



**2** Don't forget to seal them well to avoid leakage



## C. Method Cooking the dumplings



Now boil, pan fry or steam your dumplings, using whichever method you think will be simplest.

### Boiling – Three Times Method:

- 1** Half fill a large pot with water, cover and bring to the boil.
- 2** Add the dumplings, stir around with a large spoon - fit as many as can comfortably fit without being too squashed. You may need to cook dumplings in two batches.
- 3** Cover the pot and bring the pot back to the boil. Then fill with half a jug (approx 2 cups but you may need more) of cold water so the water is no longer boiling.

- 4** Repeat Step 3 two more times
- 5** Drain into a strainer, rinse with cold water and serve on a plate!

Once they are cooked, practice using chopsticks to dip the dumplings in soy sauce or soy sauce with some chilli oil added for those that like spicy foods – and enjoy!

Watch the cooking videos here:

Making the dumpling mixture – Watch from 0.52



Dumpling folding styles



Cooking the dumplings



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