



Vegetarian Egg 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 Mandu from Korea, Kroppkaka from Sweden or Modak from India 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


Vegetarian Egg Dumplings

Makes 40–50 dumplings

 4 eggs, lightly beaten

 60 g Chinese chives, finely chopped (standard chives are fine too)

 60 g or half a cup of wood ear mushrooms (any mushrooms are fine) soaked and chopped finely

 ½ tsp salt

 ½ tsp sesame oil

Dipping sauce: Soy sauce Chilli oil (optional)

A. Method Making the dumpling mixture



1 Heat the oil in a wok or a fry pan



2 Scramble the eggs



3 Place eggs in a bowl and add Chinese chives, wood ear mushrooms, salt and sesame oil. Mix together well

B. Method Folding the dumplings



1 Using pre-bought dumpling wrappers, or the dumpling wrappers you've made (use 1.5x dough recipe for this mixture amount), 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



- 4 Drain into a strainer, rinse with cold water and serve on a plate!



Watch the cooking videos here:

Making the dumpling mixture – Watch from 0.52



Dumpling folding styles



Cooking the dumplings



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