



Dumpling Dough



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

Dough (n)



miàn tuán
面团

Cooking (v)



zuò fàn
做饭

Mix (v)



hùn hé
混合

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

Dumpling Dough

Makes 40-50 dumplings



250 g all-purpose flour
(approx 2 cups)



Flour for dusting



130 ml cold water

Variations:

For pan-fried or steamed dumplings, you can make a hot-water dough. Replace $\frac{2}{3}$ of the water, approx 45mls with boiling water. Mix the boiling water with the flour then add the final $\frac{1}{3}$, approx 40 mls, room temperature water. Knead as per standard instructions.



Dumpling folding styles

There are many ways to fold dumplings, decide on the style you want to use, or try a few different ones! Start with the simplest versions and work your way towards the more complicated versions.



A. Method Making the dumpling mixture



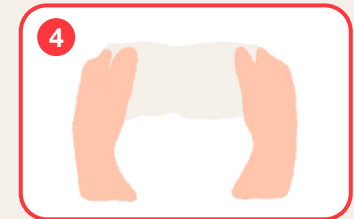
1 Sieve the flour into a large mixing bowl



2 Add the water to the flour and gradually gently mix with a spatula (or with chopsticks!) until there is no more loose flour



3 Knead the dough on a dry board with your hands and leave it to rest for 10-15 mins covered with a tea towel



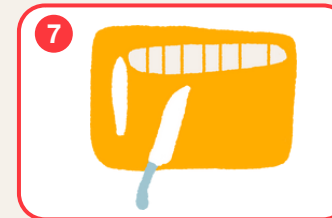
4 Knead again into a smooth dough, cover again and let it rest for 30-60 mins until it becomes soft



5 Make a loop with the dough like a large doughnut, then using a knife, cut it into four equal parts



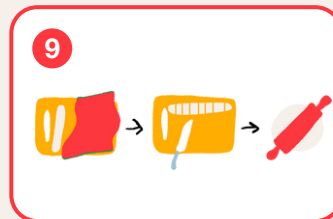
6 Cover three parts with a tea towel



7 Roll one part into a rope, then cut it into 7-8 equal sections



8 Press each piece into a small disc with the palm of your hand. Then use a rolling pin to flatten it into a thin disc. Dust with flour if the dough sticks. These will each be a dumpling wrapper!



9 Repeat with the other three sections, making dumpling wrappers



10 Use the fresh wrappers immediately

Watch the cooking videos here:

Making the dumpling mixture



Dumpling folding styles



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