

Dumpling recipe

Dumplings is a must have dish for Chinese New Year, but how to make dumplings? Let's have a look.

Meat recipe: Beef and carrot

(normally people have pork and cabbage, but since it's the year of ox, we will go for beef)

- 250g beef mince
- 2 carrots
- 1 egg
- Sichuan peppercorn
- Light soy sauce
- Dark soy sauce
- Chinese five spice
- Sesame oil
- Ginger
- Spring onion
- Salt
- Flour
- Water

Vegetarian recipe

- 2 courgettes
- 2 carrots
- 3 or 4 eggs
- Light soy sauce
- Dark soy sauce
- Chinese five spice
- Sesame oil
- Ginger
- Spring onion
- Salt
- Flour
- Water

Step 1. Dough

All-purpose flour 300g

Water 150g

Salt 3g

1. Add salt to the flour
2. Add cold water bit by bit while stirring the mixture
3. You will see the flour form lumps
4. Knead the dough and bring the lumps together
5. knead until the dough is elastic and smooth
6. put film on the container and leave it to rest for 20 min
7. now go make the filling!

Step 2. Filling

We have two filling recipes.

First up, meat recipe

1. Chop spring onion and ginger
2. Peel and shred the carrots
3. Soak Sichuan peppercorn in hot water for 10 min.
4. add oil to shredded carrots and stir the mixture (oil will lock the water in carrots and make the filling more juicy)
5. get 250g beef mince (I prefer mince with 20% fat)
6. Then, remove ginger and Sichuan peppercorn. We will use the flavoured water
7. 1 teaspoon light soy sauce
8. 1 teaspoon dark soy sauce
9. 1 teaspoon oyster sauce
10. 1 teaspoon sesame oil
11. Add flavoured water into the beef mince bit by bit while stirring it
12. Stir in one direction until it's perfectly mixed (One direction only- very important)
13. Add carrots to the mince
14. 1 teaspoon salt
15. 1 teaspoon Chinese five spice
16. Add one egg
17. Another Stir (still, one direction only)
18. Add spring onion on top
19. Pour hot oil on the spring onion to get more flavour
20. Give it a final stir
21. Filling is ready

Veggie recipe

1. Chop spring onion and ginger
2. Peel, shred the carrot and courgette
3. Ensure you squeeze any extra water from them
4. Add 2 spoon oil. Add omelette. Then stir it.
5. 1 teaspoon light soy sauce
6. 1 teaspoon dark soy sauce
7. 1 teaspoon oyster sauce
8. 1 teaspoon sesame oil
9. 1 teaspoon Chinese five spice
10. 1 teaspoon salt
11. Add spring onion and ginger
12. Stir until it's perfectly mixed
13. Veggie Filling is ready

Step 3 Pastry

Spread some flour on the board

Knead the dough for 10 sec

Take half of the dough out, keep the other half in the container and film it (it will go dry otherwise)

Roll and shape the dough into a long stick

Chop it into 12 small ones (or more if you want)

Press it until it's round and flat

Use rolling pin to roll it into a round sheet (if you don't have a rolling pin, just use film stick or wine bottle. It also works)

Try and make the sheet round and smooth, thick in the centre and thin on the edge

There we have it!

Step 4- seal and shape it (we are nearly there!)

Add fillings to the pastry

Fold the dumpling wrapper in half, pinch it together at the meeting point at the top

You can also Shape it the way you like (for Chinese food, presentation is as important as the taste. I'm trying my best to make it pretty)

Here we go! We made it!

Step 5: Boil it and serve!

Put it in boiled water for around 10 min

You can add some cold water to calm down the boiling pot if necessary

Once it's floated to the surface and swollen, place it on a plate

Voila! Time to eat!

You can also steam or fry it depends on your preference.

Serving Sauce (optional)

- 1 teaspoon Chinese black vinegar
- 1 teaspoon light soy sauce
- 1 teaspoon chilli oil/ sesame oil

Why not take a picture of the dumplings you make and share them with us on twitter @livuni_eeecs ? We will be sharing some of ours....