



COOKING CLASSES
AT SUR LA TABLE

DUMPLING BASICS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 8 ounces ground pork
- 8 ounces medium shrimp, peeled and deveined (uncooked)

Produce

- 4-inches fresh ginger root
- 1 bunch green onions
- 1 carrot
- 1 small head green cabbage
- 8 ounces shiitake mushrooms
- 2 cloves garlic

Dairy

- 2 large eggs

Pantry Items

- Kosher or sea salt
- Ground white pepper
- Cornstarch
- Granulated sugar
- Vegetable oil

Dry/Canned Goods

- 1 small can water chestnuts

Specialty

- Soy sauce
- 2 tablespoons Shaoxing rice wine or dry sherry
- Toasted sesame oil
- Rice wine vinegar
- Siu Mai wrappers (about 60, 3-inch round wrappers)
- Chinese black vinegar
- Chinese hot chili paste or favorite Asian-style hot sauce

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Microplane
- Mixing bowls (various sizes)
- Spatula
- Whisk
- Teaspoon
- Wooden spoon
- Pastry brush (optional)
- Tongs
- Ginger grater (optional)

Cookware

- Small skillet (to cook dumpling filling)
- Wok or large pot with a steamer basket insert
- Bamboo steamer baskets *see next page for bamboo steamer substitution options
- Large nonstick skillet with a lid

Bakeware

- 2 rimmed baking sheets

Tabletop

- Serving plates and dipping bowls

Other

- Plastic wrap
- Clean kitchen towels
- Parchment paper (optional)

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Shrimp and Pork Dumplings with Soy Sesame Dipping Sauce

1. If any purchased ingredients were frozen, make sure that they are completely thawed out before class.
2. Drain the liquid from canned water chestnuts.
3. If you don't have a bamboo steamer, please read the options suggested below and have your set up prepared before class.

Crisp Mushroom Pot Stickers with Ginger Dipping Sauce

1. Clean mushrooms.
2. Wash and dry all other produce.

No bamboo steamer? Here are some options.

- A large pot with a flat-bottomed pasta insert, steamer basket or steamer insert.
- A large pot with a lid, aluminum foil or ceramic ramekin, and a plate that fits in the pot with enough space around it to pick it up with hot pads. Follow these instructions:
 1. Use the aluminum foil to make three large balls of roughly the same size (think small baseball or tennis ball). Don't worry about this step if you are using a ramekin.
 2. Place the balls in the bottom of the plate and lay a ceramic plate on top; press to make sure it is level. If you're using a ramekin, place it in the center of the bottom of the pot so your ceramic plate can sit on top.
 3. Add a few inches of water to the pot, but do not cover the aluminum balls. Bring water to a boil, then reduce heat to a gentle simmer. If using a ramekin, add some water to the ramekin so it doesn't float without the plate set on top.
 4. Carefully rub a little sesame oil or vegetable oil onto the plate, then arrange dumplings on top. The plate should be full but the dumplings should have about 1/2 inch between them.
 5. Carefully lower the plate onto the foil balls or ramekin, then cover the pot with a lid. Steam 7-9 minutes.

SHRIMP AND PORK DUMPLINGS (SIU MAI) WITH SOY SESAME DIPPING SAUCE

Yield: 30 dumplings, 1/2 cup dipping sauce

The dipping sauce can be easily doubled and keeps for 2 weeks stored in the refrigerator. Bring to room temperature before serving.

1/2 pound ground pork, 30% fat to meat ratio preferred
1/2 pound medium shrimp, peeled, deveined, and finely chopped
1 tablespoon fresh ginger root, peeled and grated
Generous 1/4 cup water chestnuts, finely diced
1/4 cup green onions, finely chopped
1/2 teaspoon sea salt
1/4 teaspoon white pepper
1 tablespoon cornstarch
2 tablespoons soy sauce
2 tablespoons Shaoxing rice wine or dry sherry
1 1/2 teaspoons toasted sesame oil
1 large egg white
30 small round siu mai skins
1 1/2 tablespoons carrot, finely diced, for garnish
Cabbage leaves, for lining steamer

Soy sesame dipping sauce:

1/4 cup soy sauce
1/4 cup Chinese black vinegar
1 tablespoon thinly sliced green onion
2 teaspoons fresh ginger root, peeled and grated
1 teaspoon toasted sesame oil
2 teaspoons granulated sugar
Chinese hot chili paste, to taste

1. **To make the filling:** To a medium bowl, add pork, shrimp, ginger, water chestnuts and green onions; stir with a spatula until thoroughly combined.

2. Add salt, white pepper, cornstarch, soy sauce, rice wine, sesame oil and egg white to a small bowl and whisk to combine. Pour over the pork and shrimp mixture and stir until well combined. Cover the filling with plastic wrap and refrigerate for at least 20 minutes. (To test the seasoning, cook about 1 teaspoon of the filling in a small skillet or the microwave until cooked through. Taste and adjust seasonings as needed.)

3. Place a dumpling skin on a work surface, moisten the edges with water and put 1 teaspoon of the filling in the center. Gather the edges of the wrapper up around the filling, squeezing gently, to pleat the sides; some of the filling should remain exposed. Repeat with the remaining dumpling skins and filling, keeping the dumpling wrappers and dumplings covered with damp towels while you work. Garnish the tops of dumplings with a few pieces of diced carrot.

4. **To steam the dumplings:** Pour water into a wok or large pot to a depth of 3 inches and heat over medium-high heat to a strong simmer. Stack bamboo steamers in the wok or place a steamer insert into the pot. The steamer should not touch the surface of the water. Line the steamer with cabbage leaves or oiled sheets of parchment paper. Arrange dumplings in steamer inserts at least 1/2 inch apart. Cover steamer and steam dumplings until filling is cooked through and wrappers are translucent, 6 to 8 minutes.

5. **To prepare the dipping sauce:** Add all ingredients to a bowl and whisk to combine.

6. **To serve:** Arrange the dumplings onto warmed plates or a platter and serve immediately with dipping sauce.

Recipe variations:

- Ground chicken can be substituted for ground pork.

CRISPY MUSHROOM POT STICKERS WITH GINGER DIPPING SAUCE

Yield: 30 pot stickers, 1/2 cup dipping sauce

Pot stickers can be assembled and frozen in an airtight container for up to 1 month.

Dumplings:

Vegetable or peanut oil, for sautéing mushrooms and pan-frying potstickers

8 ounces shiitake mushrooms, stemmed and finely chopped

2 teaspoons fresh ginger, minced

1/2 cup green cabbage, minced

1 teaspoon garlic, minced

2 green onions, white and light green parts only, minced

2 tablespoons soy sauce

1 large egg white

1/8 teaspoon sea salt, plus more as needed

1 package (3-inch round) dumpling wrappers

Small bowl of cold water

Ginger dipping sauce:

1/4 cup soy sauce

1/4 cup rice wine vinegar

1 green onion, minced

2 teaspoons fresh ginger, minced

1 teaspoon toasted sesame oil

2 teaspoons granulated sugar

Chinese hot chili paste, to taste (optional)

Preheat oven to 200°F.

1. **To prepare the filling:** To a large nonstick skillet set over medium-high heat, add 1 tablespoon oil. When the oil is shimmering, add mushrooms and cook, stirring occasionally until most of the liquid has been released and the mushrooms begin to brown, about 5 minutes; remove from the heat and cool slightly. To a medium bowl add sautéed mushrooms, ginger, cabbage, garlic, green onions, soy sauce, egg white, and salt; stir to thoroughly combine ingredients

2. **To assemble the dumplings:** Lay one wrapper on a clean work surface and place a teaspoon of filling just below the center of the wrapper. Using a small pastry brush or your fingertip, brush a thin layer of water around the edge of the wrapper. Fold the wrapper in half over the filling and pinch it to adhere just at the midpoint. Pleat one open side towards the

center making three pleats to close. Repeat on the other side, aiming the pleats towards the middle of the wrapper opening. (You can also use a dumpling press to assemble potstickers.) Place dumpling, pleated side up, on a parchment-lined baking sheet. Cover the dumpling with a clean kitchen towel to prevent drying. Repeat with the remaining filling and wrappers.

3. **To prepare the sauce:** To a small bowl, add all sauce ingredients and whisk until well combined. Taste and adjust seasoning.

4. **To cook the potstickers:** Place a large nonstick skillet over medium-high heat. Add enough oil to coat the bottom of the skillet. Add about eight potstickers at a time to the skillet, pleated side up, and cook undisturbed until the bottoms are browned, about 2 minutes. Remove skillet from the heat and slowly pour in 1/4 cup water, being careful as oil can sputter; return skillet to heat and cover with a lid. Reduce heat to medium-low and steam dumplings until filling is cooked through, about 2 more minutes. Using tongs, transfer potstickers to an ovenproof platter or baking sheet and place in the oven to keep warm while pan-frying remaining potstickers.

5. Clean the skillet between batches by rinsing with water and wiping dry with paper towels. Repeat the cooking process until all the dumplings are cooked.

6. **To serve:** Arrange potstickers on a platter and serve immediately with dipping sauce on the side.

Dim Sum

Dim sum translates to “touch the heart”. Its origin is Cantonese, but dim sum features foods from many regions. Originally served for brunch or afternoon snacks, dim sum has become a popular brunch or after-hours food. Typically, at dim sum houses, customers will select small plates of foods from passing servers with steaming carts filled with steamed buns, dumplings and noodle dishes, and glass carts filled with fried savory dumplings, baked buns or delicate pastries.

Black vinegar: Inky-black vinegar aged for a rich and smoky flavor. It was first popularized in East Asia, particularly southern China. It is made from rice.

Chinese chives (Kow Choi): Popular in stir-fries, the flavor is more like garlic than chives. You can substitute regular chives if you’re unable to find them at your Asian market.

Chinese 5 Spice: An essential spice blend typically used in marinades and rubs for roasting and braising meat and fowl. The blend is star anise, cloves, Chinese cinnamon, Szechuan peppercorns and fennel.

Dried mushrooms: In Chinese cooking dried mushrooms—typically shiitakes—are favored over fresh as the drying process enhances their flavor. They must be softened in warm water before use. Remove the stems, as they are tough.

Hoisin sauce: Often called Chinese barbeque sauce, hoisin is used as a glaze, stir-fry ingredient or dipping sauce. Hoisin is a thick, fragrant sauce made from fermented soy, garlic, vinegar, usually chile and sugar.

Oyster sauce: Thick, sweet and salty, with a rich briny flavor made from slowly simmering oysters (*or oyster essence*) into a thick, caramelized, intensely flavored sauce. It also comes in an umami-rich mushroom-based vegetarian version.

Shaoxing Rice Wine: One of the most traditional Chinese cooking and drinking wines made from fermented rice. It originates from the region of Shaoxing, in the Zhejiang province of eastern China. Substitute dry sherry if unavailable.

Soy sauce: Produced for thousands of years, soy sauce is made from fermented soybeans mixed with a roasted grain (wheat, barley or rice are common), injected with a special yeast mold and liberally flavored with salt. After being left to age for several months, the mixture is strained and bottled.

White pepper: White pepper is widely used in Chinese cooking. White pepper is derived from black peppercorns that have had the outer layer removed, leaving only the inner white seed. White pepper tastes hotter and has a more pungent smell than black pepper but a less complex flavor.