



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
DUMPLING SHAPING

WITH SUR LA TABLE CHEF

MENU:

DUMPLING WRAPPER DOUGH
PORK AND SHRIMP FILLING
VEGGIE FILLING

Ingredient Shopping List

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

This class is focused on learning a variety of ways to shape dumplings. You can decide if you will make one or both fillings to use during class

Proteins

- ☐ 1/2 pound ground pork
- ☐ 1/2 pound medium shrimp, deveined, peeled

Produce

- ☐ 2" Ginger
- ☐ 1 bunch Green Onions
- ☐ Cabbage
- ☐ 1 carrot
- ☐ 8 ounces shitake mushrooms
- ☐ 1 clove garlic

Dairy

- ☐ 1 egg

Pantry Items

- ☐ Kosher Salt
- ☐ White Pepper
- ☐ Shaoxing rice wine
- ☐ Soy Sauce
- ☐ Cornstarch
- ☐ Toasted Sesame Oil
- ☐ Vegetable Oil

Dry/Canned Goods

- ☐ 8 ounces water chestnuts

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

- ☐ Microplane
- ☐ Can opener
- ☐ Dumpling press (optional)

Cookware

- ☐ Medium saucepan
- ☐ Bamboo steamers
- ☐ Large Sauté pan
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Fork (optional)
- ☐ Chopsticks (optional)

Bakeware

- ☐ Rolling pin
- ☐ Mixing bowls, various sized
- ☐ Measuring cups and spoons, various sizes

Tabletop

- ☐ Serving dishes

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.

Dumpling Wrapper Dough

1. Bring a kettle or pot of water to a boil, remove from heat.

Choose one of the two following fillings to make in class

Shrimp and Pork Dumplings

1. Defrost any frozen ingredients
2. Drain water chestnuts
3. Wash and dry all produce

Veggie Dumplings

1. Wash and dry all produce.

DUMPLING WRAPPER DOUGH

Yield: 48 dumpling wrappers

3 cups all-purpose flour, plus more for dusting

1 cup hot water

1 tablespoon vegetable oil

1. ***To prepare the dough:*** To a mixing bowl add flour and hot water, mix with a fork or chopsticks until dough begins to hold together. Cover with plastic wrap and let rest 15 minutes
2. To the rested dough add the oil and mix into dough, transfer to a floured surface and knead dough until it is soft and smooth, about 10 minutes.
3. Wrap dough in plastic wrap, let rest 30 minutes.
4. ***To roll dough:*** Divide dough into 4 portions, working with one portion at a time ensuring the remaining dough is covered. Roll portion of dough into a 12" long rope. Using a bench scraper, cut rope into 12 portions.
5. Working with one portion at a time, keep remaining dough covered, flatten dough and using a rolling pin, roll dough into a 4" circle. Continue with remaining dough, cover rolled wrappers with a damp cloth.

SHRIMP AND PORK DUMPLINGS

Yield: 30 dumplings

Follow the folding instructions in step 3 or choose a different folding method from the instructions page.

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 Kosher 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 or homemade wrappers
1 1/2 tablespoons carrot, finely diced, for garnish
Cabbage leaves, for lining steamer

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. ***Traditional Siu Mai folding:*** 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.

Recipe variations:

- Substitute ground chicken for pork, or add crab!

VEGGIE DUMPLINGS

Yield: 30 dumplings

Vegetable oil, for sautéing mushrooms

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 Kosher salt, plus more as needed

30 store bought wrappers or homemade wrappers

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:** Choose a folding technique from instruction page.
3. **To cook the pot stickers:** Place a large nonstick skillet over medium-high heat. Add enough oil to coat the bottom of the skillet. Add about eight pot stickers 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 pot stickers to an ovenproof platter or baking sheet and place in the oven to keep warm while pan-frying remaining pot stickers.
4. 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.
5. **To serve:** Arrange pot stickers on a platter and serve immediately

Recipe variations:

- Add in multiple types of mushrooms, or try grated carrot, minced water chestnuts to the filling.

Additional Dumpling Shaping Tips and Instructions

Tips

Start with a simple patty and less filling.

Homemade wrappers are easier to work with than store bought.

Half Moon Fold

This is the most basic of the dumpling folds and a great shape to start with as your dumpling folding skills increase.

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper.
2. Lift and press together two opposite sides of the wrapper, thoroughly press the edges together pressing out any air pockets while sealing the dough.
3. Use the palm of your hand to flatten the bottom (filling side) of the dumpling so it can sit upright.

Two-Pleat

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper.
2. Lift and press together two opposite sides of the wrapper. Pleat and press one open side towards the middle, repeating on the other side. Press the pleat points to the center point to seal, then press the edges together to seal the dough.

Bi-Directional Multi-Pleat

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper.
2. Lift and press together two opposite sides of the wrapper. Pleat one open side towards the center making three or four pleats to close. Repeat on the other side, aiming the pleats towards the middle of the wrapper opening.

Rosebud

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper.
2. Lift and press together two opposite sides of the wrapper, thoroughly press the edges together pressing out any air pockets while sealing the dough.

3. Lightly press the filling side of the dumpling to help it to bend. Bring the two ends together and press to adhere. These will look very similar to Italian Tortellini.

Triangle

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper.
2. Fold 1/3 portion of the wrapper and press to seal until you reach the center of the filling. Then repeat, making the other two corners to create the three edges of the triangle.

Quadrangle (square or rectangular)

1. Place one wrapper on the palm and fingers of your non-dominant hand. Place about 1 tablespoon of filling into the center of the wrapper shape into square or rectangle.
2. Lift and press together two opposite sides of the wrapper, then pinch the other two sides and center to create 4 corners. Pinch to seal the edges of the dumplings coaxing the dough and filling to stay in chosen shape.