

CHINESE STYLE DUMPLING

A delicious homemade and fun way to make Chinese style dumplings, just like those served in restaurants.

Ingredients

- 1 cup peas
- 2 carrots
- ¼ cabbage
- 1 onion
- 2 garlic cloves
- (optional) 1 beetroot or turnip or courgette or ginger
- 1 tbsp oil
- 2 tbsp soya sauce
- 300g Flour
- 1 tsp salt
- 150ml water



Method

1. Finely chop the onion and garlic, place them in a pan with oil and stir for 2 minutes.
2. Chop or grate the rest of the vegetables and add them to the pan covering with the soya sauce. Cook for about 10 minutes or until it is soft.
3. In a bowl prepare the dough for your dumplings mixing the flour with water and salt.
4. Knead the dough until soft and smooth, then roll it on a flat surface dusted with flour as thin as possible - about 2mm - to make it easier to work
5. Cut the dough into an 8cm circle.
6. Fill the centre of each dumpling with the cooked veggies - if the mix is too much watery add a tbsp of flour to your vegetables

7. Fold the dumpling in half and pinch the rim with your fingers, or seal it by pressing with a fork
8. You can cook the dumplings by steaming or frying them, I fry the bottom of the dumpling in a pan with a bit of vegetable oil, then add some water and cover with a lid for a few minutes until the dough is perfectly cooked.

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