

VEGETARIAN DUMPLINGS

CROWD PLEASER - MIDDLE SCHOOL

TEAM: WILD ONIONS

WINOOSKI SCHOOL DISTRICT

ingredients

Flour
Salt
Water
Carrots
Cabbage
Mushrooms
Scallions
Garlic
Ginger

Sesame oil
Chili flakes
Tamari
Candied ginger
Rice wine vinegar
Brown sugar
Sriracha
Xanthan gum

Garnish: Sesame Seeds, Scallions

preparation instructions

Dough:

Put the first 2 ingredients in a mixing bowl and mix for a few seconds with a dough hook. After they are mixed together slowly add in the warm water . Continue mixing Until ball has formed in the bowl. Set aside in a small mixing bowl and cover with warm towel

Dumpling mix:

Put the sesame oil in a hot saute pan and then add all the ingredients, saute for a few minutes until cooked and tender. Set mix aside.

Soy Ginger Sauce:

Combine all ingredients in mixing bowl and whisk together and blend together.

To assemble dumplings:

Take half of the dough and roll it out into a one inch thick rope, slice ¼ inch thick pieces of dough and roll with your hands into a small ball, then using a rolling pin flatten out into a small circle. Pat the edges of the circle with water and put a small spoonful of the filling into center of dough circle. Press edges of circle together into a half moon and seal the edges.

Place assembled dumplings into the steamer and steam for 8-10 minutes. Place on plate with soy ginger dipping sauce and garnish with sesame seeds and sliced scallions