

# DUMPLING FUNDAMENTALS SYLLABUS

## Course Description:

1. INTRO
2. DUMPLING WRAPPER EDUCATION
3. HOW TO MAKE DUMPLING FILLING
4. DUMPLING FOLDING TECHNIQUE
5. COOKING DUMPLINGS (Boiling, Pan Fried)
6. DUMPLING SAUCES (Make your own, Best sauces to buy)
7. FREEZING INSTRUCTIONS

## Prerequisites:

- ☐ WASH YOUR HANDS
- ☐ You'll need a Knife & Cutting Board
- ☐ Prepare a baking sheet or large plate with Wax Paper or Parchment Paper
- ☐ Prepare a large clean bowl, this is where we will mix the filling
- ☐ Fill a large pot of water and place it on the stove. Do not turn on the burner yet!
- ☐ Prepare a small bowl of water and a clean fork for each person participating.

## Required Resources:

- ☐ 1 lb Ground Pork (80/20 or 70/30 fat content works best)
- ☐ 1 tablespoon grated or finely chopped Ginger
- ☐ 1 cup chopped Chives or Green Onions
- ☐ 1 cup Chopped Mushrooms (shiitakes or button/crimini)
- ☐ Sesame Oil
- ☐ 1 tablespoon Soy Sauce
- ☐ 1 Egg
- ☐ ½ teaspoon salt
- ☐ 1 package of Round Dumpling Wrappers:
  - ☐ These can be found in Asian & Specialty Grocery stores (Uwajimaya, Asian Family Market, H-Mart, Ballard Market) and are typically located in the refrigerated noodle section. Preferred brand is Twin Marquis, but any round wheat dumpling skin will work.
  - ☐ Northern Style- Thick Dumpling Skin (Preferred for Boiled Dumplings) (<https://www.twinmarquis.com/products/northern-style-dumpling-wrapper/>)
  - ☐ Shanghai Style- Thin Dumpling skin (Preferred for Steamed Dumplings) (<https://www.twinmarquis.com/products/northern-style-dumpling-wrapper/>)

### *OPTIONAL for homemade dumpling sauce*

- ☐ 2 teaspoons Sugar
- ☐ 1 tablespoon Rice Vinegar or Brown Rice Vinegar
- ☐ 2 tablespoons Soy Sauce
  - If you prefer to purchase dumpling sauce at the store.
  - ☐ Personal favorite is **Wei Chuan Dumpling Sauce** which comes in spicy & non spicy versions (both are great). You can find this in Asian grocery marts and in the Asian Aisle at your local grocery store.
  - ☐ If you're a spice fan, pick up some Chili Crisp. **Lao Gan Ma Chili Crisp** is the favorite, but any Chili crisp will do. You can find this in Asian grocery marts and in

**See you in class!**