

Food + Recipes

DUMPLINGS WITH CHEF MING TSAI

Learn how to make traditional pork and ginger dumplings, dumpling variations, and pork fried rice with chef Ming Tsai!



Meet Chef Ming Tsai

Nate invited Chinese-American fusion cuisine chef, Ming Tsai to share the art of preparing traditional handmade dumplings.



Dumpling Wrappers

Dumpling Wrappers

Hot Water Dough Ingredients

2 cups water
4 cups all-purpose flour
1/2 teaspoon salt

Directions

Bring the water to a boil. In a large stainless-steel bowl, combine the flour and salt. Slowly add the boiling water in 1/4-cup increments with chop-sticks until a ball is formed and the dough is no longer too hot to handle. All the water may not be needed. Knead the dough floured work surface until it becomes smooth and elastic, about 15 to 20 minutes. Form the dough into a ball, wrap tightly with plastic and let rest for 1 hour.

Using a Stand Mixer:

In a stand mixer fitted with dough hook, gradually add water to flour. Once dough forms a ball and all the dry ingredients are incorpor

remove from mixer. Dough should not be sticky, if it is add more flour, tablespoon by tablespoon. Very lightly flour a flat surface and t dough together into a disk. Wrap tightly with plastic wrap and let rest for 1 hour.

Rolling

To form the wrappers, add more flour to the work surface. Divide the dough in half. Shape one portion into a log and roll it back and under your palms to make a thin sausage shape measuring about 1 inch in diameter. Cut into 1/2-inch pieces. One by one, stand ea on end, flatten the piece with your palm, and roll out to form a circular wrapper about 3 inches in diameter and 1/16 of an inch thick. f with the remaining dough.

Using a Tortilla Press to make wrappers:

Weigh out 3oz pieces of dough. Roll each piece to form a ball. Cut 2 squares of parchment paper that are bigger than the press. Pla square on the bottom of the press and spray with non-stick cooking spray. Place ball in the center, top with the remaining square of p sprayed with non-stick cooking spray. Press down to form dumpling wrapper. Repeat with remaining dough.

MING'S TIP: When rolling out the wrappers, make the edges a little thinner than the centers. That way, when the edges are folded o themselves to enclose the filling, they'll be the same thickness as the rest of the wrapper.

Note: While the dough must be made and used immediately, the dumplings may be assembled, seared and frozen for up to 1 month. the dumplings according to the recipe, sear and remove from the pan. Drain on a paper towel. When dumplings are cool, wrap in pla foil, and place in a sealable bag. When ready to serve, remove from the freezer, place in a non-stick skillet coated with oil, browned s down, for one minute. Add about 1/2 cup of water and immediately cover the pan to avoid splattering. Lift the cover and make sure al inch of water remains in the pan; add a little more if not. Steam until the pot stickers are puffy yet firm and the water has evaporated, minutes. If the water evaporates before the pot stickers are done, add more in 1/4-cup increments. If the pot stickers seem done, but remains in the pan, drain it and return the pan to the stovetop to evaporate any remaining liquid. Continue to cook over high heat to pot stickers to re-crisp on the bottom, 2 to 3 minutes. Be careful not to burn them. Transfer the pot stickers to a platter and serve with dipping sauce.

Using store bought wrappers:

Using a small rolling pin, roll the wrappers to make them just a little thinner.

Forming the dumplings

1 egg beaten with 2 tablespoons of water, for egg wash

To form the pot stickers, in a small bowl mix the egg with 2 tablespoons of water. Lay 5 wrappers on a work surface. Place 1/2 tablesp the filling in the center of each wrapper. Avoid getting any filling on the edges of the wrapper, which would prevent them from sealing properly. With a finger or pastry brush, paint the circumference of the wrappers with the egg mixture. Fold each wrapper in half to for moon shape. Seal by pressing between the fingers and, starting at the center, make 3 pleats, working toward the bottom-right corner Repeat, working toward the bottom-left corner. Press the folded edges of the dumplings gently on the work surface to flatten the bott help them stand.

Cooking

Heat a large, nonstick lidded sauté pan over high heat. Add the oil and swirl to coat the pan. When the oil is hot, add the pot stickers flattened bottoms down, in batches of two or three rows of five, and cook without disturbing until brown, 3 to 4 minutes. Add about 1/2 water and immediately cover the pan to avoid splattering. Lift the cover and make sure about 1/8 inch of water remains in the pan; ac more if not. Steam until the pot stickers are puffy yet firm and the water has evaporated, 8 to 10 minutes. If the water evaporates bef pot stickers are done, add more in 1/4-cup increments. If the pot stickers seem done, but water remains in the pan, drain it and return pan to the stovetop to evaporate any remaining liquid. Continue to cook over high heat to allow the pot stickers to re-crisp on the bot 3 minutes. Be careful not to burn them. Transfer the pot stickers to a platter and serve with the dipping sauce in individual small rame



Traditional Pork and Ginger Dumplings

Makes 16 to 20 dumplings

Ingredients

1 cup of cabbage, shredded
 1 pound of ground pork
 1/4 cup of ginger, minced
 1 1/2 teaspoons of sesame oil
 1/2 cup of scallions, white and green parts, sliced 1/8-inch thick
 Kosher salt and pepper to taste

Directions

Place cabbage in a strainer over a bowl. Salt cabbage and let rest for about 30 minutes; rinse and finely chop. Fill a large bowl with ice water. Fill a medium bowl into the ice-filled bowl. In the smaller bowl combine cabbage, pork, ginger and sesame oil and mix to combine. Fold in scallions. Season with salt and pepper. In a small saute pan or in a microwave, cook a small amount of the filling to check for seasoning. Adjust seasoning if necessary. Follow directions for filling by using your homemade dumpling skins or store bought. Enjoy!

**Delish Dumpling Variations****Black Bean & Shrimp Dumplings**

Makes 16 to 20 dumplings

Ingredients

1 tablespoon of fermented black beans, rinsed and minced
 1 tablespoon of ginger, minced
 1 bunch of scallions, sliced
 1 1/2 pounds of shrimp, peeled and deveined
 2 egg
 1/4 cup butter, chilled cut into 1/8-inch dice
 Kosher salt and fresh ground pepper to taste
 canola oil to cook

Directions

In a saute pan over medium high heat add oil and swirl to coat the pan. Add black beans, ginger and scallions and saute, stirring about 5 minutes. Set mixture aside to cool. In a food processor combine shrimp and eggs and blend until almost smooth. Add butter to the processor and pulse until incorporate, but still visible in small pieces. Season. Fold shrimp into the cooled black bean mixture. In a small saute pan or in a microwave, test a small amount of the filling to check for seasoning. Adjust seasoning if necessary. Follow directions for filling by using your homemade dumpling skins or store bought. Enjoy!

Vegetarian Shiitake-Leek Dumplings

Makes 16 to 20 dumplings

Ingredients

1 tablespoon garlic, minced
 1 tablespoon fresh ginger, minced
 2 serrano chiles, stemmed and finely chopped
 1/2 cup hoisin sauce
 2 cups thinly sliced shiitake mushroom caps
 2 large leeks, white parts only, well washed and julienned
 1/2 cup chopped fresh cilantro
 1 cup chopped scallions, white and green parts
 1 cup bean threads, soaked in warm water to cover until soft, 10-15 minutes, drained well and cut into 2-inch pieces
 Kosher salt and freshly ground black pepper
 Canola oil for cooking

Directions

Heat a wok or skillet over high heat. Add the oil and swirl to coat the pan. When the oil is hot, add the garlic, ginger and chiles and cook until soft, about 2 minutes. Do not allow the aromatics to burn. Reduce the heat to medium, add the hoisin sauce and cook until it loses its bean taste, about 3 minutes. Add the shiitakes and leeks and cook until soft, about 6 minutes. Season with the salt and pepper to taste. Transfer the mixture to a strainer and with a large spoon press the mixture well to drain it thoroughly. Cool. Transfer the filling to a medium bowl and add the cilantro, scallions and bean threads. Stir to blend. Follow directions for filling by using your homemade dumpling skins or store-bought. Enjoy!

**Din Sum Dipper and Sweet Chile Dipping Sauce****Din Sum Dipper**

Makes about 1 cup

Ingredients

2 tablespoons Traditional Spicy Sambal or store-bought sambal
 1/2 cup rice wine vinegar
 1/2 cup soy sauce
 1 teaspoon sesame oil
 3 scallions, thinly sliced

Directions

In a small bowl combine the sambal, vinegar, soy sauce, sesame oil, and scallions. Mix and use or store.

Sweet Chile Dipping Sauce

Makes 1 1/2 cups

Ingredients

1 1/4 cups of Mae Ploy (sweet chili sauce)
 1 roasted red bell pepper
 1 tablespoon of sambal
 Kosher salt to taste

Directions

In a blender combine all ingredients and puree until smooth. Pour mixture through mesh strainer placed over bowl to remove any seeds. Check for seasoning.



Pork Fried Rice

Ingredients

4 tablespoons canola oil
 3 eggs
 2 tablespoons finely chopped garlic
 1 bunch thinly sliced scallions, white and green parts reserved separately
 1 recipe Traditional Pork and Ginger Dumplings filling
 5 cups cold cooked house steamed rice
 2 tablespoons soy sauce
 1/2 teaspoon white pepper
 salt, if needed

Directions

Heat a wok or large nonstick skillet over high heat. Add 2 tablespoons of the oil and swirl to coat the pan. When the oil shimmers, add eggs, which will puff up. Allow to set, about 5 seconds, and using a wok spatula or similar tool, push the sides of the egg mass toward center to allow uncooked egg to reach the pan and solidify "Scramble" the eggs with chopsticks or a fork, allow it to set, about 5 seconds and slide onto a dish layered with paper towels (enough to absorb the excess oil from the pan). Set aside.

Add the remaining 1 tablespoons of the oil to the wok and swirl to coat the pan. When the oil shimmers, add the garlic and white part of scallion and stir-fry until soft, about 2 minutes. Add the Traditional Pork and Ginger Dumpling filling and stir-fry until pork is cooked through about 3 - 4 minutes. Remove pork mixture from wok and set aside in a dish.

Using the same wok, add 1 tablespoon oil to coat the pan. Add the rice and toss thoroughly until heated through. Add soy sauce, pepper and add back the pork mixture and reserved eggs. Toss, mixing thoroughly. Correct the seasonings, add the salt if necessary, transfer to a platter, and garnish with the scallion greens. Serve immediately.

©2010 Ming Tsai. Taken from "Simply Ming One-Pot Meals." Used with permission from Kyle Books.



WWW.THENATESHOW.COM
 © 2010 ENTRADA, LLC

