



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 12th, 2015 Cooking Class

Featuring

Sue Leong

Owner of May Jen Restaurant

Pork or Chicken Dumplings

Makes about 1 dozen dumplings

Ingredients:

Filling:

- 1 lb. ground pork, or chicken
- ½ cup chopped green onion or chives
- ½ cup chopped water chestnut
- ½ Tbsp. cooking wine
- 3 Tbsp. sesame oil
- 1 Tbsp. low sodium soy sauce
- ½ Tbsp. garlic, minced
- ½ Tbsp. ginger, minced
- Pepper to taste

- 1 package thick dumpling skin
- 2 Tbsp. oil
- 1 egg for sealing wrapper

Directions:

1. Mix well the ground pork, or chicken, chives, water chestnut and seasoning or use veggie mix*
2. In the center of each dough wrapper place 1 heaping T of the meat (veggie) mixture
3. Fold the wrapper in half and moisten edges with water or egg. Using index finger and thumb, bring two opposite edges together, gathering outside edge in 4-5 pleats. The inside edge is straight but will bend to conform to decreased length of pleated edge. Pinch pleats together and pinch edge to seal
4. Heat frying pan and 2 T oil until almost smoking ++
5. Line frying pan with dumplings, flat side down
6. Turn heat to low and fry 2-3 minutes until golden brown
7. Add ½ C water, cover and cook for 4-5 minutes until almost all water has evaporated
8. Continue to fry until the bottom of the dumplings are dried and golden brown
9. Serve on platter with fried side up
10. Use dipping sauce of sesame oil in soy sauce with a splash of Worcestershire sauce and pinch of sugar to taste

++ Healthy option, instead of pan searing, steam over boiling water in steamer or cook gently in boiling water and serve in chicken broth

Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	1%
Sugars less than 1g	
Protein 9g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

