



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 12<sup>th</sup>, 2015 Cooking Class

Featuring

Sue Leong

Owner of May Jen Restaurant

## Vegetable Dumpling

Makes about 12 dumplings

### Ingredients:

#### Filling:

- ½ head cabbage, chopped
- 1 small carrot, chopped
- 1 stalk celery, chopped
- 2 reconstituted Chinese mushrooms, chopped
- 1 cake smoked tofu, chopped
- 2 tsp. minced ginger
- 2 tsp. minced garlic
- 1 oz. reconstituted vermicelli, optional

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

### Directions:

1. Mix filling ingredients well.
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

Nutrition Facts	
Serving Size: 1 dumpling	
Servings: 12	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 9g	
Vitamin A 20%	• Vitamin C 25%
Calcium 10%	• Iron 8%
*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

