

MAKE YOUR OWN...

Chinese dumplings



What are Chinese dumplings?

Chinese dumplings (饺子 **jiǎo zi**) are a traditional dish in China. A thin layer of dough (面 **miàn**) is filled with vegetables and/or meat. In northern China on Chinese New Year's Eve (除夕 **Chú Xī**), people often make dumplings together, although they are also made day-to-day.



Important Note:

This recipe uses boiling water so make sure you ask an adult to help you.

Method :

1 Stir (搅拌 **jiǎo bàn**) the water into the flour until mixed – add more water if the mixture seems dry.



Knead this with your hands (手 **shǒu**) dusting with a little flour if sticky.

2 Put the dough in a bowl (碗 **wǎn**), covered with a clean, damp towel, and let it rest.



3 After about twenty (二十 **èr shí**) minutes, tear the dough into sixteen (十六 **shí liù**) equal-sized pieces and flatten each into round flat 'pancakes'.

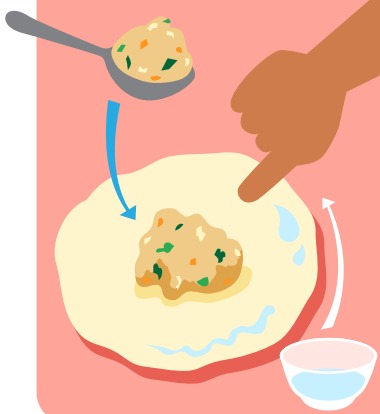


20 mins

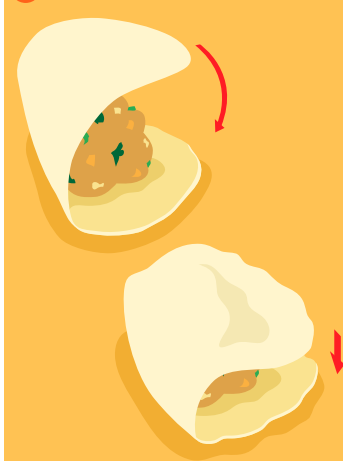
4 Mix all of the filling ingredients in a large bowl.



5 Place (放 **fàng**) some filling in the centre of each 'pancake', moisten the edges with water



6 Fold the dough in half.



7 Pinching it together with your fingers (手指 **shǒu zhǐ**)



8 **Get an adult** to bring a pan of water to the boil (煮 **zhǔ**), add the dumplings, put on the lid and cook for three (三 **sān**) to four (四 **sì**) minutes.



3-4 mins

Ingredients:

For the dough:

- 140g plain flour (面粉 **miàn fěn**)
- 125ml water (水 **shuǐ**)



For the filling:

- finely chopped vegetables (蔬菜 **shū cài**) of choice - this could include:



- spinach (菠菜 **bō cài**)
- spring onion (洋葱 **yáng cōng**)
- mushroom (蘑菇 **mó gu**)
- cabbage (白菜 **bái cài**)
- carrot (胡萝卜 **hú luó bo**)

- ½ tbsp soy sauce



- 1 tbsp cold water

- salt (盐 **yán**) and pepper

(胡椒 **hú jiāo**) for seasoning

