

# Dumplings

RECIPE BY SARAH, 12V, DONCASTER SECONDARY COLLEGE

## INGREDIENTS

1 TEASPOON VEGETABLE OIL  
3 GARLIC CLOVES, CRUSHED  
2 GREEN ONIONS, THINLY SLICED  
1 1/2 CUPS FINELY SHREDDED WOMBOK (CHINESE CABBAGE)  
1 SMALL CARROT, PEELED, GRATED  
50G SHIITAKE MUSHROOMS, FINELY CHOPPED  
1/2 X 225G CAN BAMBOO SHOOTS, CHOPPED  
1 TABLESPOON SOY SAUCE  
30 (275G PACKET) GOW GEE WRAPPERS.

## METHOD

**STEP 1:** HEAT OIL IN A FRYING PAN OVER MEDIUM HEAT. ADD GARLIC, ONION, WOMBOK, CARROT AND MUSHROOM. COOK, STIRRING, FOR 5 TO 6 MINUTES OR UNTIL CABBAGE HAS WILTED. REMOVE FROM HEAT. STIR IN BAMBOO SHOOTS AND SOY SAUCE. COOL FOR 10 MINUTES.

**STEP 2:** PLACE WRAPPERS ON A FLAT SURFACE. SPOON 2 TEASPOONS CABBAGE MIXTURE ON 1 HALF OF EACH WRAPPER. BRUSH EDGES WITH COLD WATER. FOLD OVER TO ENCLOSE FILLING. PRESS EDGES TOGETHER TO SEAL. PLACE ON A TRAY LINED WITH BAKING PAPER.

**STEP 3:** PLACE A STEAMER LINED WITH BAKING PAPER OVER SIMMERING WATER. COOK DUMPLINGS, IN BATCHES, FOR 15 MINUTES OR UNTIL TENDER AND COOKED THROUGH. SERVE.