

Bears in the Kitchen Cook-Along: Recipes
 Spring 2021, Tuesday, February 9th 5:00-6:00PM



Pork and Cabbage Dumplings (Chinese-style)

Makes ~40 dumplings (1 package of wrappers)

Common allergies: wheat, gluten, egg
 (typical ingredients in dumpling wrappers)

Ingredients	Directions
<ul style="list-style-type: none"> • 2 cups of finely chopped napa cabbage • 1 pound of pork, ground • 2 tablespoons of ginger, minced • 2 tablespoons of garlic, minced • ¼ cup of green onions, thinly sliced (~2-3 stalks) • 2.5 tablespoons of soy sauce • 2 teaspoons of sesame oil (Asian) • 1 teaspoon of salt for cabbage, another ½ teaspoon of salt for pork filling • ½ teaspoon white pepper (or black) • 1 package of square wonton wrappers (3x3inch) or circle pot sticker wrappers <p>Optional: 1 tablespoon of Shaoxing wine (or Chinese cooking wine) – add to pork filling</p>	<ol style="list-style-type: none"> 1. Finely chop 2 cups of napa cabbage. Put cabbage in large mixing bowl and add 1 teaspoon of salt. Mix well. Let rest for 10-15 minutes, and then squeeze out and drain as much water as possible. 2. While waiting for your cabbage rest, mince your ginger and garlic, and thinly slice your green onions. Add to a separate 2nd large mixing bowl. 3. Add other seasonings to 2nd large mixing bowl: soy sauce, sesame oil, salt, pepper, Shaoxing wine (optional). 4. If you have ground pork, you can add the pork and cabbage into the 2nd large mixing bowl now. Mix well with your hands. If you have unground pork (like a pork chop), you need to grind the pork yourself (manually with a large knife [video here], or you can pulse in a food processor). 5. You are ready to wrap your dumplings now! Fill a small bowl with water – set aside. On a large flat plate, lay a dumpling wrapper and use your finger to wet the edges with water. Scoop 1 tablespoon of filling into the middle. Fold in half, press any air bubbles out and press the edges to seal. 6. To cook wontons, add to pot of boiling water and cook for ~7 minutes (they will start to float as they cook). 7. If you would like to save your leftover dumplings, you can freeze them. Get a flat plate or pan and space out each dumpling (skins not touching). Let them freeze overnight, then once frozen, carefully place frozen dumplings in Ziploc bag or Tupperware for later.

This dumpling recipe was adapted from the website <https://iamafoodblog.com/chinese-pork-dumplings-recipe/>.