

Chinese Dumplings: Boiled Pork and Cabbage Dumplings

Servings: Makes 50 dumplings



Ingredients:

12 ounces napa cabbage leaves, roughly chopped (or regular cabbage)
1 teaspoon kosher salt (or 1/2 teaspoon table salt)
1 teaspoon grated fresh ginger (use microplane grater)
1/4 cup minced Chinese chives or green onions (white and green parts)
2/3 pound ground pork
1/8 teaspoon ground white pepper (or freshly ground black pepper)
1 1/2 tablespoons soy sauce
1 tablespoon Chinese rice wine (or dry sherry)
2 teaspoons sesame oil
1 package frozen round dumpling wrappers (gyoza/potsticker wrappers), defrosted at room temperature for 30 minutes
for the slurry: 1 tablespoon cornstarch + 1/2 cup water

Directions:

1. To make the filling, put the cabbage in a food processor and process until cabbage is finely minced. Remove the cabbage to a large bowl and sprinkle with the salt. Let cabbage sit for 10 minutes. In the meantime, return the food processor bowl to the stand and add the ginger, chives, pork, pepper, soy sauce, rice wine and sesame oil. Pulse 4 times to mix the ingredients well. Set aside.
2. Use your hands to grab a handful of the cabbage and squeeze and discard the excess moisture out into the sink. You can also spoon all of the cabbage onto a cheesecloth and then squeeze all the water out. Place the dry cabbage back into the large bowl and add the pork mixture. Fold the cabbage into the pork mixture.
3. Mix together the slurry. Take one dumpling wrapper, spoon scant 1 tablespoon of the pork mixture onto the middle of the wrapper. Dip one finger into the slurry and "paint" the edges of the dumpling wrapper. Bring up the bottom side of the wrapper, fold up and press to shape into a half-moon shape, encasing all of the filling. Place on baking sheet, cover loosely with plastic wrap and repeat with rest of dumplings. Make sure that the dumplings do not touch each other on the sheet.
4. When all dumplings assembled, you can cook immediately or cover with plastic wrap and refrigerate for up to several hours. To cook, half-fill a large pot with water and bring to boil. When boiling, and gently slide in 1/3 of the dumplings. When water returns to a boil, turn heat to a simmer and gently cook for 6-8 minutes. Remove with slotted spoon and repeat with remaining dumplings. Serve with hot chili sauce.

- Salting and squeezing the water out of the cabbage is essential. It prevents your dumplings from being too soggy!

Source: <http://steamykitchen.com/5849-chinese-boiled-pork-dumplings.html>

adapted from Asian Dumplings by Andrea Nguyen