



Chinese Dumpling Recipe

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Pork and Mixed Vegetable Dumplings (also called Jiao zi 饺子)
Healthy Chinese food that contributes to your five a day!

Ingredients:

500g minced pork (try using lean mince)
500g cabbage
150g sweetcorn
500g dumpling wrappers (found in Chinese supermarkets)
1 egg
2 big carrots
A handful of spring onions or chives
4 tsp rice wine
4 tsp light soy sauce
2-3 tbsp oil
Salt to taste

Serves 4 or more people.
Remember to eat 'me sized meals'.

Directions:

1. Mix the pork mince with the egg, rice wine, soy sauce and a pinch of salt. Mix them well with finely chopped spring onions or chives. Shred the carrots finely.
2. Put the cabbage leaves in boiling water for 1-2 minutes or until they are soft. Rinse the leaves with cold water and squeeze the excess water out of the leaves - the drier the better.
3. Finely chop the cabbage leaves. Put the sweetcorn, shredded carrots and chopped cabbage leaves in a big bowl and mix with 2-3 tbsp of oil and salt to taste. Mix well.
4. Taste the mixture and adjust the seasoning according to taste. If it is too salty you can add another egg or some more pork mince.
5. Put a teaspoon of this mixture in a dumpling wrapper and pinch the sides together with your fingers. Work from the sides and move towards the centre. The dumpling should be a semi-circle.
6. Bring a saucepan of water to the boil. Then add the dumplings. Bring the water back to the boil, add a cup of cold water and cover with a lid. When the water comes to the boil once more, reduce the heat to medium. Boil until all the dumplings have risen to the surface of the water.
8. Enjoy eating the dumplings. Dip them in a small side dish of vinegar and soy sauce mixed with garlic puree and/or dried chilli seeds.

Variations: You could also fry the dumplings, but we recommend boiling or steaming, as these are healthier methods.

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