

# Dumplings and Things with Chef Loren Avellino

- Shrimp and Spinach Dumplings
- Dumpling Dough
- Scallion Pancakes
- Dipping Sauce

## Special equipment:

- Rolling pin (optional)



For the purposes of the class, please measure out all the ingredients for the recipes and have them set aside and ready (do not boil the water for the dough ahead of time). Note that the dumpling filling and sauce both require garlic, onions, and scallions. If using pre-made dumpling wrappers, keep them refrigerated until the start of class. I will demo different dumpling forming techniques.

## Notes:

To thaw the spinach, defrost in a microwave safe bowl. Once cool, lift spinach from bowl or place in a strainer. Squeeze out as much excess liquid as you can. Then take the spinach and place it in a tea-towel or paper towels, form a beggar's purse and twist to wring out more water. After this process, it's ready to use in the dumpling filling. The dumpling recipe makes about 30 dumplings, once formed, they can be put on a floured cookie sheet and frozen until solid, then moved to a zip-top bag and stored for up to 3 months. To cook, drop in boiling water until they float or follow potsticker method as described within the recipe packet.

**Dumpling Dough** (adapted from Chef Emilie Berner, Peter X. Kelly Teaching Kitchen)

Prep time: 5 minutes. Rest time: 15-120 minutes. Cook time: 5 minutes.

Yields: 6 Servings

**Ingredients**

- 1 cup hot water
- 2 cups all-purpose flour
- 1 tsp sesame oil
- pinch of salt

**Directions**

1. Pour flour and salt into large bowl and form a well.
2. Pour about 3/4 cup of boiling water and the sesame oil into well and stir with wooden spoon. Add more water, a bit at a time, until dough forms. knead dough until you get a large mass that is smooth. Wrap in plastic wrap and let rest for 15 minutes or up to 2 hours at room temperature.
3. Separate dough into three sections and roll into logs. Sprinkle flour on a clean surface or cutting board. Slice one-inch sections of dough and roll into circles, turning the dough often to create circle. The circle should be 4 inches in diameter and able to hold 1 tablespoon of filling.

To assemble with filling of choice:

1. Place 1 tablespoon of filling in the middle of each wrapper. Moisten the edge of the dumpling wrapper by dipping a finger in the water and running it along edge of wrapper. Simply fold the dumpling into a half-moon and press closed.



## **Shrimp and Spinach Dumplings**

Prep time: 30 minutes. Cook time: 5 minutes. Yields: 4 servings (7-8 each)

### **Ingredients:**

- 8 raw, jumbo shrimp, peeled deveined and chopped into small pieces
- Vegetarian Version: substitute shrimp with 10 ounces cremini mushrooms chopped and sautéed, proceed with recipe (sauteing first helps remove excess moisture)
- 2 tablespoons olive or canola oil
- 2 teaspoons minced ginger
- 2 teaspoons minced garlic
- 1/3 cup scallions, sliced thinly
- 1 10oz pack of frozen, chopped spinach, defrosted and drained of excess liquid
- Store bought or handmade dumpling wrappers
- Small bowl of water (for sealing dumplings)

### **Directions:**

1. In a medium bowl, combine shrimp (or sauteed mushrooms), spinach, scallions, garlic and ginger.
2. Fill each dumpling wrapper with about 1 tablespoon of the spinach and shrimp/mushroom mixture. Dip a finger in water and trace it around the edge of the dumpling dough. Seal the dumpling shut by pinching it with your fingers. Continue until all dumplings are filled.
3. In a large skillet with a lid, heat 1 tablespoon of olive or canola oil over medium heat. Add dumplings to the pan and cook for 2 minutes, be sure not to disturb the dumplings. After 2 minutes, add 2 ounces of water and cover the pan with a tight-fitting lid. Let the dumplings steam in the pan until all the water has evaporated and the tops of the dumplings are cooked through. If necessary, add more water and continue to steam.
4. Alternately, you can boil the dumplings for 2-3 minutes.

## **Dipping Sauce**

Prep time: 5 minutes. Yields: 1/3 cup sauce

### **Ingredients**

- |   |                                   |
|---|-----------------------------------|
| • 2 teaspoons sugar                                     | • 1 teaspoon garlic, minced       |
| • 1 tablespoon hot water                                | • 1 teaspoon ginger, minced       |
| • 2 teaspoons rice vinegar                              | • 1 teaspoon toasted sesame seeds |
| • 1/4 teaspoon red pepper flakes or sriracha (optional) | • 1 teaspoon toasted sesame oil   |
|   | • 3 tablespoons soy sauce         |

### **Directions**

1. In a small bowl, dissolve sugar in hot water, then add remaining ingredients.

## **Scallion Pancakes** (adapted from Wei Guo, Red House Spice)

Prep time: 15 minutes. Rest time: 15 minutes. Cook time: 6 minutes. Yields: 4 servings

### **Ingredients:**

#### **Dough:**

- 2 cups all-purpose flour + 2 tablespoons
- 2/3 cup hot water
- 3 tablespoons olive or canola oil
- 1/4 teaspoon ground black pepper or Sichuan pepper
- 1/4 teaspoon salt
- 1/2 cup finely chopped scallions

### **Directions:**

1. Place 2 cups of flour in a heatproof bowl. Pour in hot water. Stir with a spoon until no more loose flour or water can be seen.
2. Use your hands to combine the mixture into a rough-looking dough.
3. Tightly cover the dough with plastic wrap and leave to rest for 15 – 30 minutes.
4. While waiting, add 2 tablespoons olive oil, 2 tablespoons of flour, pepper, and salt to a small bowl. Mix until it becomes a smooth paste.
5. Uncover the dough, then knead until it becomes very smooth. Rub a thin layer of oil around the dough, as well as on the work surface.
6. With a rolling pin (or bottle of wine), flatten the dough into a thin rectangle.
7. Brush or spoon the filling mixture on the dough, then sprinkle finely chopped scallions on top.
8. From the shorter side, roll up the dough (like a Swiss roll).
9. Cut the roll into 4 equal pieces. Stand each piece on the flat side. Press down with your hand, then flatten into a pancake with a rolling pin (or bottle of wine) until around 5" in diameter.
10. In a frying pan/skillet, heat 1/2 tablespoon of oil over high heat until hot. Drop a piece of scallion in it to test. If it sizzles, the oil is hot enough.
11. Turn the heat down to medium and put in the pancakes (the top side facing down). You may need to do this in batches.
12. Cover with a lid and leave to cook for about 2 minutes until the side facing down becomes golden brown (adjust the cooking time if necessary). Remove lid and flip to cook the other side (replace the lid). Remove pancakes once second side is golden.
13. For the best results, rest the pancakes on a wire rack for a few minutes before serving. Enjoy with dipping sauce recipe (enclosed).