



THE  
DRAGON  
RECIPE



# LUCKY DUMPLINGS

## CHINESE DUMPLINGS FOR YOUR FAMILY DINNER

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- 50 round dumpling wrappers.
- 1.5 pounds ground pork (alternatives: ground chicken, turkey, or beef.)
- 1/2 tablespoon minced fresh ginger root.
- 1 tablespoon minced garlic (optional)
- 2 tablespoons green onion.
- 3 tablespoons soy sauce.
- pinch of salt and white pepper.
- 2 teaspoons sesame oil.
- 2 cups low-sodium chicken broth
- 1 egg (optional)
- 5 cups finely shredded Chinese cabbage (approx. 2/3 head)
- Dipping sauce: Mix soy sauce (2 tbs), vinegar (1/2tsp), and sesame oil (1-2 drops). Add minced garlic for more flavor.

- 1** In a large bowl, mix the shredded cabbage with 1 tbs salt. Stir and combine well. Set aside for 10-15 minutes. Squeeze out the water from cabbage (\*not too dry).
- 2** In another large bowl, combine ground pork, ginger, green onion, soy sauce, salt, white pepper sesame oil and egg\*. Mixed well. Then add shredded Chinese cabbage.
- 3** Place 1 teaspoon of pork filling onto each round wrapper. Moisten the edge with water and fold edge over to form a half circle shape. Pitch side to seal in filling. Set dumplings aside on a lightly floured surface until ready to cook. \*Freeze the dumplings before cooking if you are making them like pot stickers (pan fried style).
- 4** Cooking: Gently put dumplings in boiling water. Stir carefully occasionally. Cook for about 12 to 15 minutes. Add ¼ cup of water in the pot when the water is boiling 2-3 times. When the dumplings are floating they are ready. Serve immediately.