

Vegetarian dumplings for Chinese New Year

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Vegetarian dumplings for Chinese New Year

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Make homemade vegetarian dumplings for Chinese New Year on 31 January.

Dumpling ingredients

- 50g bamboo
- 50g carrots
- 50g white fungus
- 50g water chestnuts
- 20g red onion
- 50g black fungus
- Mixed mushrooms
- 1½ tbsp salt
- 3 tbs sugar
- 1 tbsp black pepper
- 2 tbsp potato starch
- 1 tsp vegetable oil
- 2 tbsp sesame oil

Wrapper ingredients

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- 454g bag of wheat starch flour
- 300g potato starch
- 500ml boiling water

Method

Dumpling Filling

Chop up all the [dumpling](#) ingredients. Mix well.

- Making the wrapper

Using a bowl, mix the wheat starch flour and potato starch with boiling water and start to knead it.

Add vegetable oil to this mix and keep kneading the flour until it becomes a doughy texture; cover straight away so it does not dry out.

Roll the dough into a long sausage shape and cut it into small cubes each weighing roughly 15g. Keep it covered (so it doesn't dry out) while rolling each piece into a ball.

Place a ball on a cutting board, and using the flat side of a meat cleaver or a rolling pin, flatten the ball into a thin wrapper roughly three cm diameter.

Don't make the wrappers too thin, or you'll have trouble keeping it from falling apart on you as you fill them.

Place one tablespoon of the dumpling filling in the centre of the wrapper.

Fold all sides of the wrapper to the top and press together, roll into a ball.

Place it into the steam basket with the folded side at the bottom and steam for seven to eight minutes. Serve.

Tip: Serve with signature refreshing tea.

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