**Vegetable Dumplings**



**Makes:** 10 Servings

Modified from TheWoksOfLife

**INGREDIENTS**

**Dumpling Wrappers:**

- 3 ½ cups white whole wheat flour

- 1 cup tepid water

**Filling:**

- 3 tablespoons olive oil (plus ¼ cup)

- 1 tablespoon minced ginger

- 1 large onion

- 2 cups shiitake mushrooms

- 2 cups finely shredded cabbage

- 2 cups finely shredded carrots

- 1 cup garlic chives, finely chopped

- ½ teaspoon white pepper

- 2 teaspoons sesame oil

- 3 tablespoons Shaoxing wine, dry sherry, or rice wine vinegar

- 2 tablespoons low sodium soy sauce

- 1 teaspoon sugar

- Salt (to taste)

**DIRECTIONS**

1. Start by making the dough for the dumpling wrappers. Put the flour in a large mixing bowl, gradually adding water and kneading into a smooth dough. This process should take about 10 minutes. Cover with a damp cloth and let the dough rest for an hour.
2. Next, make the filling. Add 3 tablespoons olive oil and the ginger to a large skillet over medium high heat for 30 seconds, or until fragrant. Stir in the onions until translucent.
3. Add the chopped mushrooms and stir-fry for another 3-5 minutes, until the mushrooms are tender, and any liquid released from the mushrooms has cooked off.
4. Add the cabbage and carrots and stir-fry for another 2 minutes, until the veggies are tender, and all the liquid released has been cooked off. Transfer this mixture to a large mixing bowl and allow to cool.
5. Add the chopped chives, white pepper, sesame oil, shaoxing wine, low sodium soy sauce, and sugar. Season with salt to taste and stir in the last ¼ cup of olive oil.
6. To assemble the dumplings, cut the dough into small tablespoon-sized pieces. Roll each out into a circle and pleat the dumplings. Assemble until you run out of dough or filling.
7. To cook, steam or pan-fry the dumplings. To steam, put the dumplings in a steamer lined with a bamboo mat, cabbage leaf, or cheese cloth and steam for 15-20 minutes.
8. To pan-fry, heat 2 tablespoons of olive oil in a non-stick pan over medium high heat. Place the dumplings in the pan and allow to fry for 2 minutes. Pour a thin layer of water into the pan, cover, and reduce to medium-low heat. Allow dumplings to steam until the water has evaporated. Remove the cover, increase the heat to medium-high, and fry for a few more minutes, until the bottoms of the dumplings are golden brown and crisp.

|  |
| --- |
| **LOW PREP/DORM RECIPE TIPS**If you do not have access to a cooktop or hot plate, try frozen vegetable dumplings. Trader Joe’s sells microwavable frozen vegetable dumplings, as do many large grocery stores. Serve with a side salad with protein such as tofu, beans, or chicken. |