

# CONSCIOUS COOKING

In this hands-on cooking workshop, we'll be starting from the basics of making dumpling wrappers from scratch with a few simple folds as well as some "fancier" folds. like the bok choy fold; 3 ways of cooking them up, and ways to use up any leftover ingredients.

## **TOOLS:**

Mixing bowl

A small food processor or a sharp knife and cutting board

Frying pan and wooden spoon

Measuring cup or scale

Measuring spoons

Kettle or pot to boil water

Rolling pin or a bottle

Teaspoon

Tongs or chopsticks

Baking tray lined with parchment paper (that fits in your freezer)

Clean dish cloth

TO FRY: Frying pan with a tight fitting lid, oil and water

TO STEAM: Steamer basket, saucepan, lid and water

TO BOIL: A large pot and water

## **BEFORE WE BEGIN**

Have the following ingredients measured out and set yourself up with a good counter space where you can get comfortable and have a seat.

## **RECIPE:**

### FILLING

2 teaspoons vegetable oil (choice of sunflower, safflower, rapeseed/grapeseed)

1 cup (70g) leafy greens (choice of spinach, chard, beet greens, cabbage, kale, or bok choy)

1 cup (130g) other fillings (choice/combo of carrots, mushrooms, or firm tofu)\*

1-2 tablespoons aromatics (choice/combo of chives, fresh ginger, garlic, scallion, onions)

1-2 tablespoons seasoning (choice of soy sauce, tamari, sriracha, curry paste)

- Finely chop or use a food processor to mince all the ingredients. You want everything to be chopped, not too chunky, but not pureed. If using a food processor, greens like napa cabbage and spinach are full of moisture, so use your hand to squeeze out the juice before adding the leafy bits to the pan. Chop green onions by hand, and crumble tofu into the pan.
- Sauté for 3-5 minutes until softened and the moisture from the ingredients have evaporated. You may need to add a tablespoon of flour if it's too watery. Transfer to a bowl to let this cool.

# CONSCIOUS COOKING

\* If you plan on using ground meat, it doesn't need to be cooked. Cook the moisture out of chopped leafy greens and let it cool before adding it to the raw meat, along with any aromatics and seasoning.

WRAPPERS (Find my gluten-free wrapper recipe [here](#))

ONE BATCH WHITE DOUGH (approx 21 dumplings)

1 1/2 (190 g) cups all-purpose flour

1/2 teaspoon salt

1/2 cup (120 ml) just-boiled water\*\*

FOR COLORFUL DOUGH (the above recipe, divided into thirds)

A) Substitute the boiled water with \*\*fresh-pressed juices (carrot juice, beetroot juice), brought to a boil, or blue butterfly pea flower tea

B) Add 1 tsp turmeric (yellow), spirulina powder (green). No worries if you don't have these at the moment, it's to show different ways to make colors.

Divide the above wrapper recipe into thirds to make 3 colors:

<u>RED</u>	<u>YELLOW</u>	<u>GREEN</u>
1/2 cup (65 g) flour	1/2 cup (65 g) flour	1/2 cup (65 g) flour
1/8 tsp salt	1/8 tsp salt	1/8 tsp salt
2 1/2 - 3 Tbsp fresh beet juice (or a few slices of fresh beet boiled in 1/4 cup of water. Cover and simmer for 15 minutes)	2 1/2 - 3 Tbsp hot water	2 1/2 - 3 Tbsp hot water
1 tsp oil	1 tsp oil	1 tsp oil
	3/4 tsp turmeric powder	3/4 tsp spirulina powder

- In a large bowl, mix the flour, and salt together. Add any colored powder, if using. Whilst stirring this mixture continuously with chopsticks or a spatula, gradually pour in the hot water (or juice). Keep stirring until the flour begins to clump together in little clusters. Then add the oil and knead these clusters together until a large ball of dough forms. Turn it out onto a clean work surface and knead for 10 minutes, or until the dough becomes smooth and elastic (like Play Doh). If it's sticky and too wet, add another tablespoon or two of flour. If it's too dry, add another tablespoon of hot water or oil. Cover the dough with a clean, damp dish cloth and set aside for 20 minutes.

# CONSCIOUS COOKING

## **COOKING METHODS**

These times are for cooking freshly made dumplings. Add a few more minutes when cooking them straight from the freezer.

### TO BOIL

Bring a large pot to a boil. Swirl the water with a slotted spoon and carefully place the dumplings in. Bring to a boil again, and cook until they float to the surface (about 7 minutes, add an additional 8 minutes, if using raw meat). To keep them from over-boiling, add a ¼ cup of cold water when the dumplings are floating, and bring to a boil again. Use the spoon to scoop them out and serve in bowls with a little of the boiling liquid and dipping sauce of choice (mine is usually chili oil and soy sauce).

### TO STEAM

Place the dumplings in a single layer on a steamer basket lined with a thinly sliced carrot, radish round, or cabbage leaf underneath each one. Pour ¼ cup or 1-inch (3 cm) of water into a wide pot or wok. Place the basket into the pot, ensuring that the water does not touch the dumplings. Cover and bring to a boil. Turn the heat down to a medium-low heat and let steam for 5 minutes for vegetable dumplings, 15 minutes for meat.

### TO FRY

Heat up a large frying pan on high heat. Add the oil, swirling the pan around to coat the entire surface. Add the dumplings, in a single layer, about 1" (3cm) apart from one another. Gently shake the pan to ensure that the dumplings don't stick to the bottom and let them crisp up for 2 minutes. Carefully add the water to the pan, cover with a lid, and cook for 6-8 minutes, or until the liquid has evaporated. Drizzle a little more oil and cook, uncovered, for 3-5 more minutes, until the skin has crisped up again. Shake the pan to loosen them from the pan. You can fry both sides, if desired.