

Chinese Vegetable Dumplings

Make the filling:

Into a medium sized bowl measure:

1 cup diced tofu

¼ cup grated carrot

¼ cup shredded Chinese cabbage

1 tablespoon diced red capsicum/zucchini

1 tablespoon chopped fresh coriander

1 teaspoon grated ginger

2 teaspoons sesame oil

2 teaspoons hoisin sauce

1 teaspoon soy sauce

pinch of ground pepper



Use cornflour to keep your hands and work surface dry at all times.

Use your non-preferred hand to hold the dumpling paper. Put a small teaspoon of filling into the centre of your dumpling paper.

Moisten the edge of one half with a little water. Fold away from yourself. Hold dumpling open edge up in two hands and pinch together edges.

Then make a few folds so it looks like a seashell or fan.

Place on a tray until ready to steam. Have an adult help with the steaming.