

Pan Fried Vegetable Dumplings

SERVING
2 people

COOK TIME
1 hour 15
min



Method

To make the dumpling dough: add flour to a large bowl and make a well in the centre. Pour in the hot water. Stir with a wooden spoon to make a shaggy dough. Sit to cool for 5-10 minutes.

Once dough is cool enough to handle, turn out on to a lightly floured bench top and knead for 5-10 minutes until smooth. Knead into a ball, place into a clean bowl and cover with a damp tea towel. Allow to sit for 30-60 minutes.

Split the dough in half and roll each into a log about two centimetres thick. Cut both ropes into 15 even pieces. Using a small rolling pin, roll out the dough into a circle, keeping the edges thinner than the centre. The wrapper should be about the size of your palm. Repeat with remaining dough. If stacking dough, flour in between.

To make the filling, heat oil in a fry pan over medium to high heat. Add mushrooms and contents of the Simply Salad Classic Coleslaw bag. Sauté for 5 minutes until vegetables have softened.

Add ginger and garlic, and sauté for a further three minutes.

Add soy sauce, shao xing wine and sesame oil and cook until most of the liquid has evaporated – approximately 5 minutes. Remove pan from heat and stir in coriander and spring onion. Leave filling to cool for 30 minutes.

To make the dumplings, scoop approximately one tablespoon of filling into the centre of a dough circle. Dampen half the dough with a little water. Fold over the other half and pinch at one corner. Pleat the dough, pressing down in between to seal tightly. Repeat with remaining dough and filling.

To cook the dumplings: heat oil in a large frypan over medium heat. Add half the dumplings into the pan and cook for 3-4 minutes until the base of the dumplings are golden and crispy. Then add approximately one third of a cup of water to the pan and cover, allowing dumplings to steam for five minutes. Remove from pan and repeat with remaining dumplings.

Sprinkle dumplings with sliced spring onions. Serve hot with black vinegar, soy sauce and chilli oil.

Notes

- You can buy premade dumpling wrappers (may also be called gow gee wrappers or pastry) from your local supermarket or Asian grocer and use these instead to save on time. Usually in the fresh pasta section.

Ingredients

DUMPLING WRAPPERS

300g all-purpose flour, plus extra for dusting
170mL boiling water, allowed to cool for 5 minutes

FILLING

2 tsp vegetable oil
100g shitake mushrooms, sliced
1x Simply Salads Classic Coleslaw
2cm ginger, minced
1 clove garlic, minced
1 tbsp soy sauce
2 tsp shao xing wine
2 tsp sesame oil
½ cup coriander, roughly chopped
2 spring onions, chopped

DUMPLINGS

1 tbsp vegetable oil
2 tbsp black vinegar
1 tbsp soy sauce
1 tbsp chilli oil
Fresh chopped spring onion