

RECIPE



PORK AND VEGETABLE DUMPLINGS

INGREDIENTS:

1 lb.	ground pork
1 pkg.	wonton wrappers
2 tbsp	onion juice (about a half of an onion)
1	garlic clove, grated
1 tbsp	fresh ginger, grated
1 tbsp	low sodium soy sauce
1/2	lime, zest and juice
1	small red bell pepper, minced
1 cup	savoy cabbage, finely shredded
1 large	carrot, shredded
3	scallions, finely chopped
1	egg
1/4 cup	panko breadcrumbs
	vegetable oil
2 cups	beef stock

DIRECTIONS:

In a large bowl, mix together the ground pork, garlic, ginger, soy sauce, lime zest and juice, red bell pepper, cabbage, carrot and scallion. Grate in the onion and add the egg and panko breadcrumbs. Combine well with your hands, making sure to evenly distribute all of the vegetables throughout the pork mixture. Cover and refrigerate mixture for 1 hour.

Fill a mini prep bowl with some water and place it on the top corner of a large cutting board. Lay out the wonton wrappers, 12 at a time. With a 1 inch melon baller with ejector, begin filling the wrappers, making sure not to over stuff them. Once the mixture is in the center of the wrapper, wet the tip of your finger and run along the 4 sides of the wonton wrapper. Close them by gathering the two opposite edges together and pinch up the other two sides, using your fingers to make sure all the edges are sealed. The end product will look like a beggars purse. Place all the stuffed dumplings on a large sheet pan. NOTE: If you are making ahead, you can cover with saran wrap at this point and refrigerate up to 4 hours before cooking.

In a large non-stick sauté pan, heat 1 tablespoon of vegetable oil. Place 1/2 of the wontons in the skillet and let the bottoms lightly brown, about 1 minute. Pour 1 cup of the beef broth into the pan, The liquid should come half way up the wontons. Cover and let cook for 4-5 minutes. Uncover and let the remaining broth evaporate and thicken. Remove the first batch and place on the serving platter. Repeat with the remaining wontons. Serve hot.

Makes about 48 dumplings

