

Pan Fried & Steamed Mushroom Pork Dumplings

Watching my wife over the years make Korean dumplings using store bought wrappers always left me wondering, why? While they were good, the dumplings were just not really good. Why not just make them?

Being the adventurous type, means when I cook or bake I make everything, short of milling my own flour, that is whenever time and energy permits. If the time or energy is not available I just don't cook.

Rather than taking the easy way out and buying store bought wrappers, here I am contemplating dumplings and dough after a long day at work.

Taking the easy way out just isn't me and this is simple and straight forward, and the results were very good. While I am not a fan of mushrooms, I can take them or leave them, these tasted great.



The Dough (10-12 dumplings)

AP Flour – 4 oz

Rice Flour – 1 oz (*You can omit the rice flour and replace with AP flour*).

Water – 2 to 4 oz (*Different flours absorb different amounts of liquid to achieve the same consistency*)

Add about 2+ oz of the water to the flour and mix. If the water does not absorb all of the flour after mixing add more water until the dough can form into a moist ball that is not sticky. Knead the dough for a 3-5 minutes on a well floured surface, add more flour or water as needed. The final dough should form ball with a smooth surface. Allow the dough to rest in a bowl covered with a damp cloth for 30-40 minutes.

The filling

Since we are cooking and not baking the amounts are a guideline and subject to personal tastes and preferences, here is what I used.

6 to 8 - Shitake mushrooms
2 - White mushrooms
2 to 3 stalks - Napa Cabbage
2 - Green Onions
4 oz Lean Ground Pork
1 tsp - Grated Ginger
2 - Cloves of Garlic
2 - Thai Chilies
2 Tbsp - Soya Sauce
2 Tbsp - Sweet rice wine
Pinch of salt

Chop the mushrooms, Napa cabbage. Finely chop the green onions, garlic, chilies and place in a bowl. Add in the remained of the ingredients and mix well.

Place 1 Tbsp of oil in a frying pan and heat the oil. I cook the filling just until it is just cooked, and has released some of the moisture from the vegetables. Do not pour off the liquid; there are great flavours in the released moisture. While it is still hot, sprinkle several pinches of flour to absorb the liquid and mix, add more as required. Place in a bowl to cool.

Rolling out the dough

On a well floured surface roll out the dough, dusting with flour and flipping as you roll until the dough is approx 1/8" thick. Cut into approx 3" circles. Being cookie cutter challenged, I used a glass. Cover the rounds with a damp towel to keep from drying out.

Working with 1 dumpling skin at a time (this gives the dough time to relax, making continued rolling out easier) roll out the dough again until it is about 5+" round and about half as thick. Using a glass again, I cut the dough into a circle.

The Assembly

The following sounds far more complicated than it actually is.

We are attempting to leave one side of the dumpling skin straight (the side away from you) while pleating the other side (the front) and pinching into the back of the skin. You should be able to easily put 5 pleats on each dumpling.

Place a table spoon of the filling in the center of the round.

Moisten the edges lightly with water.

Fold in skin in half, pinching just the center of the dumpling (outer edge) together to seal. Next create a pleat from the front side of the wrapper skin and pinch into the back of the skin to seal, and repeat. There should be no unsealed gaps in the dumpling when you are finished. On the ends of the dumpling, just pinch them to seal.

Once the dumpling is completed, dust the bottom with flour to prevent sticking and place on a tray or large plate in a single layer, covered with a damp towel. Repeat until all of the dumplings are assembled.

Dipping Sauce

1 - Thai chili, finely chopped
1 tsp - Grated ginger
2-3 Tbsp Soya Sauce
2-3 Tbsp Rice Vinegar

Mix together

Pan Frying and Steaming

1-2 Tbls of oil
1/3 Cup boiling water

With a large non stick frying pan with a reasonably tight fitting lid, heat up a table spoon or two of oil until it is very hot. Place the dumplings into the pan and fry until the bottoms are golden brown.

When the bottom of the dumplings are pan fried, pour in the boiling water, and have lid in hand & quickly place the lid on, there will be spattering of oil and water. Reduce the heat and steam until all of the water has evaporated. Remove to serving dish and enjoy.

