

Vegetable Dumplings

Equipment needed –

Knives, chopping boards, frying pan, saucepan, bamboo steamers, vegetable peeler, grater, micro plane, baking paper, garlic crusher, teaspoons and 3 serving platters.

Ingredients from the Garden –

- 3 cloves of garlic crushed
- 2 green onions thinly sliced
- 1 ½ cups of finely shredded wombok
- 1 small carrot, peeled and grated
- 1 cup of bean sprouts, finely chopped
- 1 radish grated
- 1 bunch of coriander, finely chopped
- 1 thumb sized piece of ginger finely grated

Ingredients from the Pantry –

- 1 teaspoon of vegetable oil
- 2 tablespoon of soy sauce
- 30 (275g) gow gee wrappers

What to do –

1. Peel and crush the garlic and set aside.
2. Peel and grate the carrots and set aside.
3. Wash and finely chop the green onions.
4. Wash and finely chop the wombok and set aside.
5. Finely chop the bean sprouts and red capsicum and set aside.
6. Wash and finely chop the coriander and set aside.
7. Using a microplane, finely grate the ginger.
8. Grate the radish and set aside.
9. Measure out 1 teaspoon of oil into a frying pan and heat over a medium heat.
10. Add the garlic, onion, ginger, carrots, sprouts, capsicum, radish and wombok and cook stirring for 5-6 minutes or until the wombok has wilted.
11. Remove from the heat and stir through the coriander and 2 tablespoon of soy sauce. Set aside to cool for 10 minutes.
12. Meanwhile fill 3 medium sauce pan with water and bring to the boil.
13. Line the bamboo steamers with baking paper and set aside.
14. Place the gow gee wrappers on the bench. Spoon 2 teaspoons of the vegetable mixture on 1 half of the wrapper. Brush the edges of the wrapper with cold water and fold over to enclose the filling. Press the edges together to seal.
15. Place the dumplings on the bamboo steamer lined with baking paper and place the steamer over the pan of boiling water. Cook for 15 minutes or until tender and cooked through. Cook in batches with the remaining dumplings. Divide on 3 serving platters to serve.

Serves –

- Serves 28 students.