HEARTY & GROUNDING

Jade Dumplings with Bok Choy and Shiitake

PREP	COOK	SERVES
50 min	12 min	4 (about 24 dumplings)

Vegetarian

Crisp-bottomed dumplings filled with bok choy, shiitake and ginger.

Ingredients

Filling

- 250 g bok choy, very finely chopped
- 1 tsp salt
- 150 g shiitake mushrooms, finely chopped
- 1 small carrot, grated
- 2 spring onions, finely sliced
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1 tsp cornflour

To assemble

- 24 round dumpling wrappers
- 1 tbsp neutral oil for frying
- 60 ml water

Dipping sauce

- 3 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp chili oil (or to taste)

Method

1. Toss the bok choy with the salt and leave for 10 minutes. Squeeze it out in a clean tea towel until really dry.
2. Fry the mushrooms in a dry pan for 4 to 5 minutes until the moisture has gone. Let cool.
3. Mix the bok choy, mushrooms, carrot, spring onions, garlic, ginger, soy sauce, sesame oil and cornflour.
4. Place a teaspoon of filling in the middle of a wrapper. Wet the edge with a fingertip of water, fold in half and pinch shut, pleating if you like.
5. Heat the oil in a wide non-stick pan with a lid. Place the dumplings flat side down and fry for 2 minutes, until golden.
6. Pour in the water, cover immediately and steam for 5 minutes. Remove the lid and cook for a minute more until the bottoms are crisp again.
7. Mix the dipping sauce and serve alongside.

Cook's tip

Squeeze the bok choy until it is properly dry, because wet filling makes the wrappers tear. Uncooked dumplings freeze well on a tray, then in a bag, and can be cooked from frozen with 2 extra minutes of steaming.