

全麥水餃皮 Whole Wheat Dumpling Wrappers

Recipe by Sophia Hsu



配料:

4 杯全麥麵粉或00高筋麵粉
1 杯冷水或熱水
½ 茶匙海鹽
太白粉，灑

Ingredients:

4 cups whole wheat flour or 00 bread flour
1 cup cold or hot water
½ teaspoon sea salt
Cornstarch, optional, for sprinkling

食谱:

大碗裡，加麵粉和海鹽，攪一攪。在麵粉裡，挖洞。加水在洞裡。感覺太乾，先加一湯匙水。還是太乾，再加一湯匙水。感覺太濕，先一湯匙麵粉。還是太濕，再加一湯匙麵粉。和麵到光滑。揉成團，蓋碗。醒麵至少30分鐘。

分了兩塊或四塊。把半麵團擀成一條一寸直徑的蛇。切一寸的劑子。每一團的劑子，擀成扁扁圓圓的餃子皮。灑一點太白粉在皮上才不會黏在一起。



Steps:

In a large bowl, measure out the flour and salt. Stir to evenly mix in the salt. Make a well in the center of the flour. Pour in the water. Mix until dough forms. If it feels dry, add water a tablespoon at a time. If it is too wet, add flour a tablespoon at a time. Keep kneading until the dough becomes smoother. Form into a ball and cover. Let rest at least 30 minutes.

Divide dough into two or four equal pieces, and cover with a wet towel. Roll out each piece into a one-inch diameter snake, then cut about one-inch pieces.

On a floured surface, roll out each chunk into a disc with a rolling pin or tortilla press. Use cornstarch to prevent the disc from sticking to each other.

餃子餡 Dumpling Fillings

Recipes by Sophia Hsu

豬肉韭菜 Classic Pork and Garlic Chive

About 60 dumplings



Ingredients 配料:

- 2 lbs 絞豬肉 ground pork
- 2 cups 韭菜 garlic chives (Chinese chives), cleaned and chopped
- 1 large 雞蛋 egg
- 1 tablespoon 薑 ginger, grated
- 1 tablespoons 太白粉 cornstarch or tapioca starch
- 2 tablespoons 醬油 soy sauce
- 2 tablespoons 米酒 rice wine
- 2 teaspoons 芝麻油 toasted sesame oil
- 1 teaspoon 鹽巴 salt
- ½ teaspoon 白胡椒粉 ground white pepper

食谱:

在一個碗裡，將所有成分混合在一起。蓋，冷卻至少一個小時，讓味道混合。

Steps:

In a bowl, mix together all ingredients. Cover and chill for at least an hour for flavors to mingle, and the filling to set.



餃子餡 Dumpling Fillings

Recipes by Sophia Hsu

全素 Vegan

About 30 dumplings



Ingredients 配料:

- 5 large 花古 shiitake mushrooms, soaked and diced
- 5 木耳 wood ear mushrooms, soaked and diced
- 1 紅蘿蔔 carrot, shredded
- 1 small bunch 菠菜 spinach, roughly chopped
- 1 handful 地瓜麵 sweet potato noodles, boiled and chopped (about a cup)
- 1 cup 韭菜 garlic chives (Chinese chives) or cabbage, cleaned and chopped
- 1 teaspoon 五香粉 five spice powder
- 1 tablespoon 醬油 soy sauce
- 1 teaspoon 芝麻油 toasted sesame oil
- 1 tablespoon 太白粉 cornstarch or tapioca starch

食譜:

在一個碗裡，將所有成分混合在一起。蓋，冷卻至少一個小時，讓味道混合。

Steps:

In a bowl, mix together all ingredients. Cover and chill for at least an hour for flavors to mingle, and the filling to set.

