



THE INTERNATIONAL CULINARY SCHOOLSSM

at The Art Institutes

CREATE TOMORROW

China, an ancient culture dating back to around 2000 BC, is a diverse nation of 56 ethnic groups. Given the country's size, it's not surprising that there are regional cuisines with distinct traditions. Dumplings or potstickers hail from eastern China. www.artintitutes.edu

Amount	Measure	Ingredient	Preparation Method
8	ounces	Bok Choy	course shredded, blanched
1	ounce	Scallion	finely sliced
0.5	ounce	Ginger	minced
8	ounce	Pork Shoulder	medium ground
1 1/2	teaspoons	Dry Sherry	
1/2	teaspoon	Sugar	
1	teaspoon	Soy Sauce	
1	tablespoon	Oyster Sauce	
2	teaspoons	Sesame oil	
2	tablespoons	Cornstarch	
24	each	Wonton Wrappers	cut into 3"rounds

Preparation:

1. Assemble all ingredients and equipment needed to prepare the recipe.
2. Prepare the ingredients as listed above.
3. In a bowl, combine the pork, dry sherry, soy sauce, salt, sugar and cornstarch; mix thoroughly. Add the cabbage and bamboo shoots. Combine well.
4. To fill each dumpling, place a wrapper on the palm of your hand and cup it loosely; place 1 tablespoon of filling in each cup. With your other hand, gather the side of the wrapper around the filling, letting the wrapper pleat naturally. Squeeze the middle gently to make sure the wrapper fits firmly against the filling. Tap the dumpling to flatten the bottom so that it can stand upright.
5. Cover and refrigerate the dumpling until you need them.
6. Steam the dumplings until cooked, set side and cool.
7. When ready to serve, sauté the dumplings until they take on a little color and crispiness.

