

Vegetarian Steamed Dumplings

Makes 12 but hopefully 24 (maybe a little extra filling)

Ingredients:

Wrappers

- 1 cup flour
- 1/3 cup water

Filling:

- 1/4 pound firm tofu
- 1/4 cup coarsely grated carrots
- 1/4 cup shredded Napa cabbage
- 1 tablespoon finely chopped scallions
- 1 teaspoon finely minced fresh ginger
- 1 1/2 teaspoons soy sauce
- 1 1/2 teaspoons hoisin sauce
- 1 teaspoon chili oil
- 1 egg white, lightly beaten
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Directions:

1. To prepare wrapper, combine flour and water in a bowl. Turn dough out onto a floured surface; knead 5 minutes. Cover dough; let rest 30 minutes.
2. Divide dough into 2 equal portions. Roll each portion into a 1-inch-thick rope. Cut each rope into 12 equal pieces. Shape each dough piece into a ball. Roll each ball into a 4-inch circle on a floured surface (cover circles with a damp towel to prevent drying).
3. Preheat oven to 200F if you need to keep the dumplings warm after cooking. Cut the tofu in half horizontally and lay between layers of paper towels. Place on a plate, top with another plate, and place a weight on top (a 14-ounce can of vegetables works well). Let stand 20 minutes.
4. After 20 minutes, cut the tofu into 1/4-inch cubes and place in a large mixing bowl. Add the carrots, cabbage, scallions, ginger, soy sauce, hoisin, chili oil, egg white, salt, and pepper. Lightly stir to combine.
5. To form the dumplings, place one wrapper on the work surface, keeping the others covered. Brush the edges of the wrapper lightly with water. Place 1-2 rounded teaspoons of the tofu mixture in the center of the wrapper. Shape as desired.
6. Set on a sheet pan and cover with a damp cloth. Repeat procedure until all of the filling is gone.
7. Using a steaming apparatus of your choice, bring 1/4 to 1/2-inch of water to a simmer over medium heat. Place several cabbage leaves on the steamer then spray the steamer's surface

lightly with the non-stick vegetable spray to ensure no sticking.

8. Place as many dumplings as will fit into a steamer, without touching each other. Cover and steam for 10 to 12 minutes over medium heat.

9. Remove the dumplings from the steamer to a heatproof platter and place in oven to keep warm. Repeat until all dumplings are cooked.

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