



AT LENOX HILL NEIGHBORHOOD HOUSE

## Beef or Vegetable Dumplings

### For the Dumpling Filling

#### **Beef version:**

- 1 ½ cups chicken stock
- 1 tablespoon Sichuan peppercorns
- 12 ounces beef
- 1 cup grated carrots
- 1 cup shredded Napa cabbage
- ½ cup chopped scallions
- 1 tablespoon soy sauce
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 teaspoon sesame oil

#### **Vegetarian version:**

- ½ pound firm tofu, drained and crumbled
- ½ cup grated carrots
- ½ cup shredded Napa cabbage, salted and squeezed dry
- ½ cup shiitake mushrooms, sauteed and minced
- 2 tablespoons chopped scallions
- 2 teaspoons minced fresh ginger
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon salt

#### **Assembly and cooking:**

- 25 to 30 round wonton/dumpling wrappers
- Small bowl of water
- Vegetable oil (if pan frying)

### Directions

#### ***Beef filling:***

In a stock pot, combine the chicken stock and peppercorns and bring to a boil. Turn off the heat and let steep for 10 minutes. Strain the peppercorns from the stock.

THE  
**TEACHING**  
**KITCHEN**

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In a large mixing bowl, mix together the beef and stock, adding a bit of stock at a time, until all absorbed. Add the remaining ingredients and mix well to combine.

***Vegetable filling:***

In a large mixing bowl, combine all ingredients. Mix well to combine.

***To assemble dumplings:***

On a clean work surface, place about a teaspoon of filling in the center of a dumpling wrapper. Dip your finger in a bowl of water and wet the perimeters of the wrappers. Fold the wrappers into half moons, pressing on the edges to seal. (At this point, you can embellish your dumplings by crimping the edges, accordion-style, making 5 to 7 folds.)

***For Boiled Dumplings:***

To cook, bring a large pot of water to a boil. Add the dumplings and cook until the wrappers become translucent, about 10 minutes. Look for no remaining chalky finish on the folds of the dumpling to indicate doneness. Beef dumplings are safely cooked when the internal temperature reaches 160°F. Serve immediately.

***For Pan-fried "Potstickers":***

Heat two teaspoons of the vegetable oil in a nonstick skillet over medium-high. Once hot, carefully arrange dumplings in a ring (flat side down), filling in the center area with a smaller ring, and cook for about 2 minutes, until the bottoms are browned. Reduce the heat to medium, add 1/2 cup water, cover the pan, and cook until the dumplings are fully steamed, about 6 minutes. Remove the lid and allow all the liquid to evaporate, another minute or two. Shake the pan gently to ensure the dumplings are not stuck. Turn off the heat, place a plate over the top of the pan. Carefully flip the pan so that the dumplings overturn onto the plate. Serve immediately.