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LLFW 603 – Jiaozi: Traditional Chinese Dumplings

Qin Li

Ingredients List

Ingredients

- Jiaozi filling
 - Fresh pork: 1lb
(Note: 1lb store-bought ground pork can be used. Fresh pork is preferred for fresh taste and texture)
 - Raw shrimp peeled: ¼-½lb
 - Napa cabbage: 1-2lb
(Note: 1lb green cabbage can also be used instead. Napa cabbage is preferred as it works better with pork when making jiaozi filling)
 - Salt: ½ tsp
 - Egg: 1-2

- Jiaozi filling spice and seasoning
 - Green onions, chopped up: 1-2 TBSP
 - Ginger minced: ½-1 TBSP
 - Salt: ½ tsp
 - Light soy sauce: 2-3 TBSP
 - Cooking oil: 1-2 TBSP

Optional filling spice and seasoning: these following two seasonings below help bring out the best of the ingredients and make Jiaozi uniquely delicious. You can use black pepper and cooking oil instead if don't have Sichuan pepper and sesame oil, but they don't taste as good based on user feedback.

- Sesame oil: 1 TBSP
 - Sichuan pepper, baked and crushed: ¼-½ tsp
(Note: you can get some raw Sichuan pepper ready. The instructor will teach you how to bake and crush them in the class. If you want, store-bought Sichuan pepper powder can also be used. But the first option is preferred for better taste.)
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- Jiaozi wrapper dough
 - All-purpose wheat flour: 2 ½ - 3 cups
 - Water: 1 cup

(Note: please prepare 1-2 cups of extra wheat flour to use as flour dust when making wrappers)

Ingredient purchase tips: Sichuan pepper, Sichuan pepper powder, and sesame oil can be found at the Chinese grocery store at Salt Lake City, such as Ocean Mart Asian Market or Chinatown Super Market. Also, Napa cabbage can be purchased at either store at a much lower price than at regular grocery stores.

Kitchen tools

- Jiaozi making
 - Kitchen wash basket
 - Cutting knife
 - Cutting board
 - A big flat surface as a work station to knead dough and make wrappers



- Rolling pin (An Asian rolling pin or French rolling pin works best if you have one. A regular rolling pin will work too)
- Some containers for holding ingredients, mixing and holding jiaozi filling, mixing and holding jiaozi dough, such as glass bowls, kitchen baskets, etc.

- Jiaozi cooking

- Small frying pan (a nonstick black pan works the best)
- Stove
- Pot
- Skimmer/strainers