

Vietnamese Dumplings



Makes:

11 servings, 7 dumplings each

Utensil:

Saladmaster Food Processor
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
small mixing bowl
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Adapted recipe from original y Janet Potts, RD, JD. To steam dumplings instead of using the culinary basket, please watch this [recipe video](#).

Dumplings

1 pound
90% lean ground beef
(454
g)
2 cups
cabbage, processed, use Cone #5
(140
g)
2 tablespoons
cornstarch
(16
g)
2 tablespoons
green onions, finely chopped
(6
g)
2 teaspoons
ginger, shredded, use Cone #1
(4
g)
1 egg white
1 tablespoon
fish sauce
(15
mL)
1 teaspoon

garlic, shredded, use Cone #1

(2

g)

1 teaspoon

salt

(6

g)

$\frac{1}{2}$ teaspoon

black pepper

(1

g)

1 package

(14 ounces/397 g) dumpling or potsticker wrappers (77 wrappers)

Sauce

$\frac{1}{4}$

cup soy sauce (60 mL) 1

teaspoon ginger, shredded, use Cone #1 (2 g)

Directions:

1. In a large mixing bowl, thoroughly combine all dumpling ingredients through black pepper.
2. Spoon scant $\frac{1}{2}$ tablespoon meat mixture into center of each wrapper. Using your fingertips, moisten edges of wrapper with water. Bring edges together to form a semi-circle. Repeat with remaining wrappers and filling.
3. Fill roaster halfway full with water and cover. Turn heat to medium and bring water to a boil.
4. Place 7 - 10 dumplings in culinary basket. Place basket in roaster and cover. Cook for approximately 5 minutes or until meat is cooked through. Remove dumplings with slotted spoon and set aside. Repeat until all dumplings are cooked.
5. In a small mixing bowl, combine soy sauce with ginger. Serve dumplings warm with sauce.

Tips:

- Extra uncooked dumplings may be frozen. Freeze in a single layer on a cookie sheet lined with foil. When frozen, transfer to a plastic bag. Cook from frozen for 6 - 7 minutes or until meat is cooked through.

Nutritional Information per

▼ Serving

Dumplings

Calories: 179

Total Fat: 4g

Saturated Fat: 2g

Cholesterol: 27mg

Sodium: 476mg

Total 23g

Carbs:

Dietary Fiber: 1g

Sugar: 1g

Protein: 12g

Sauce

Calories: 45

Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 4024mg

Carbohydrate: 4g

Fiber: 1g

Sugar: 1g

Protein: 8g