

## 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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### 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)

<sup>1</sup>/<sub>2</sub>

teaspoon

black pepper

(1

g)

1

package

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

## **Sauce**

<sup>1</sup>/<sub>4</sub>

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 Carbs:**

23g

**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