

# Lunar New Year Recipe - Dumplings (Pot Stickers) | 锅贴

– in collaboration with Emily Xin Xin Chan



Pot stickers 'guo tie' 锅贴 are cooked in a pan and have crispy bottoms and steam cooked to finish. Dumplings 'Jiaozi' 饺子 dumplings are often just steamed or boiled. These are often made on Chinese New Year Eve where the whole family gets together to make these. The dumpling symbolises longevity and wealth. Their crescent moon-like shape represents the gold shaped ingots, an early form of Chinese currency.

#### Emily's notes:

*Making dumplings was always a family favourite, sometimes maybe even friendly competition in whose dumplings looked best. We often brought the wrappers and made a big batch of them and saved some to be frozen. I remember our dumplings were fried in a wok and then cooked with water, finished with a handful of spring onions.*

*Each little dumpling is just a small parcel of joy. Here I share with you two simple dumpling filling and recipes. The meat version is a classic Cantonese combinations; the natural sweetness of the Chinese leaf and spring onion act as a great balance to the fattiness of pork mince. The vegetarian version is equally delicious and just as popular. Keeping the vegetables roughly chopped gives the filling a nice bite.*

#### Pork & Chinese Leaf Dumplings

Makes 25 dumplings approx

#### Ingredients:

200g minced pork  
100g Chinese leaf  
2 spring onions  
2cm piece of ginger  
1 clove of garlic  
1 pack of ready-made round dumpling wrappers

#### Pak choi & Mushroom Dumplings (V)

Makes 25 dumplings approx

#### Ingredients:

50g pak choi  
50g chestnut mushrooms  
25g carrots  
25g red onion  
1 spring onions  
1cm piece of ginger  
1 pack of ready-made round dumpling wrappers

*Similar seasoning and dipping for both versions of dumplings*

#### Seasoning:

1 tbsp potato starch (sub cornflour)  
1/4 tsp sesame oil  
1/4 tsp Shaoxing rice wine  
1/4 tsp soy  
\*2 tbsp oyster sauce (for meat version only)  
1/4 sp salt  
1 pinch of white pepper

#### Dipping sauce:

30mls soy  
10mls black rice vinegar  
1/2 tsp sesame oil  
1/2 tsp chili oil (optional)

#### Filling for pork dumpling:

1. Begin by preparing the filling - cut the Chinese leaf into about 5mm cubes, place in a large mixing bowl.
2. Slice the spring onions into thin 2mm pieces; peel and grate the ginger and garlic, add to the bowl.
4. Add the minced pork into the bowl. Mix well so all the vegetables and mince are combined.
6. Add the potato starch, sesame oil, Shaoxing rice wine, oyster sauce, soy, salt and pepper. Using your hand, really work the mixture, combining all the ingredients together until it is well mixed.

#### Filling and Pleating:

1. Fill a small bowl with water. Add one tsp of filling into the centre of the wrapper, then dip your finger into the water and draw a line around the top of the wrapper.
2. Bring the bottom of the wrapper to the top and press firmly at the centre of the wrapper only to form a loose porcket.
3. Open the edges of both sides. Starting from the left, half across the front wrapper, slowly stretch it to meet the top middle and seal the edge.
4. Repeat on the right side. Make sure they are fully sealed so no filling will leak out when cooking.

#### Cooking

##### • Boiled Dumplings

1. Bring a large pan of water to the boil, drop them in one by one to make sure they don't stick to each other or the bottom of the pan.
2. Cook on a low simmer for 10minutes to ensure

#### Filling for pak choi dumpling:

1. Begin by preparing the filling. Cut the pak choi into about 5mm cubes place into a large mixing bowl.
2. Cut the mushrooms, onions to the same size (5mm); peel and grate the ginger and carrot; slice the spring onions into thin 2mm cubes, add all to the bowl.
5. Add the potato starch, sesame oil, Shaoxing rice wine, oyster sauce, soy, salt and pepper. Using your hand, really work the mixture, combining all the ingredients together until it is well mixed.

the filling is fully cooked. They should slowly start to come to the surface when cooked.

3. Drain the dumplings in a colander and serve with dipping sauce.

##### • Pan Fried Dumplings

1. Heat 2 tbsp vegetable oil in a frying pan until hot.
2. Put the dumplings in one by one leaving a small gap between them
3. Pan fry on a medium heat for about 5-8minutes, until the bottom is golden brown.
4. Pour 50mls of hot water into the pan and cover immediately.
5. Continue to cook on medium heat for 8minutes.
6. Remove the lid and cook for another 3-5minutes or until all the liquid is dried up.
7. Put a large plate over the frying pan and turn upside down (wear an oven glove when flipping in case of hot liquid)
8. Serve with dipping sauce.

# Lunar New Year Recipe - Almond (or Walnut) Cookies | 杏仁酥\核桃酥

- in collaboration with Emily Xin Xin Chan



Almond cookies 杏仁酥 - Almonds represent happiness in Chinese culture.

These cookies are lightly sweetened, nutty and super crumbly. They are super addictive too, very similar to shortbread. If you visit your local Chinese supermarket around Chinese New Year, you will see rows of cookies in small round plastic tubs in a variety of flavours.

*Emily's notes:*

*These are one of my favourite cookies. There are many homophones in the Chinese language, the word 'almond' sounds similar to the word 'happiness' when pronounced out loud. 杏仁, 幸福的人儿 translates to: 'almond, happiness in people'. This may sound silly, but Chinese people are very superstitious, especially my parents. I think it has always been embedded in part of their culture and how they were brought up by their grandparents.*

## Almond Cookies

**Ingredients:**  
125g plain flour  
30g ground almonds  
50g caster sugar  
1/8tsp baking powder  
pinch of salt  
5g melted butter  
70g vegetable oil  
1 egg  
16 whole almonds

## Walnut Cookies

**Ingredients:**  
125g plain flour  
30g walnuts  
50g caster sugar  
1/8 tsp baking powder  
pinch of salt  
5g melted butter  
70g vegetable oil  
1 egg  
16 whole walnuts

*This recipe makes approx 15 bite size cookies*

*\*Both of these cookies can be made vegetarian/vegan just substitute with Vitalite and don't use the egg wash.*

## Instructions:

1. Add the walnuts into a blender and blend until it resembles fine breadcrumb like texture. Transfer into a bowl. (Ignore this step if making almond cookies)
2. Add the sugar, baking powder, salt, flour to the blended walnuts/almonds and mix until all incorporated together.
3. Add the melted butter and mix again.
4. Finally add the oil and bring it all together to make rough dough.
5. Line a tray with baking paper and preheat the oven to 150c.
6. Take a small portion of the dough (20g) and roll this into a ball. This is very crumbly but eventually you can form a rough ball.
7. Place onto the baking tray; leave a 1inch gap between each cookie. Roll the rest of the dough.
8. Using a fork, lightly flatten the cookies without breaking the ball shape too much.
9. Whisk the egg with 1tbsp of water and lightly brush this over the cookies.
10. Add a whole walnut/almond to the top.
11. Bake in batches for 13 - 15minutes. Allow the cookies to cool for 10mins to harden.



# Lunar New Year Recipe - Longevity Noodles | 长寿面

– in collaboration with Emily Xin Xin Chan



Longevity Noodles 长寿面 'changshou mian'.

It is common in Chinese culture to eat food that has symbolic and auspicious meanings - specially important at Chinese New Year. We want to have good luck for the next coming year, so we have many dishes that are intertwined with having significant meanings. Many of the foods we create have common homophones including words like luck, happiness, prosperity, success and family.

## Emily's notes:

*As children we would have to remember to follow the rules at the dinner table and not to misspeak that may bring us bad luck. Longevity noodles was always part of our Chinese New Year meal, when Mum would put some long noodles in our bowls and wish us a long long life. We would slurp the noodles down at once. As much as this holiday is about tradition it is also about just being with the family and sharing our love of food together.*

## Ingredients for the noodles (serves 2)

100g pak choy  
100g carrots  
100g mixed peppers  
100g chinese leaf  
1 small red onion  
2 whole spring onions  
2cm piece of ginger  
1 clove of garlic  
2tbsp vegetable oil  
1 fresh chilli (optional)  
200g of dried noodles  
200g pork/chicken cut into thin 1cm strips. (this is optional for vegan version)

## Prep beforehand:

1. Cook the noodles according to the pack, rinse and drain with cold water and leave to dry in a colander.
2. Cut the pak choy into thin 2mm strips, transfer to a plate but keep in one pile at the top of the plate.
3. Prep the rest of the vegetables the same. placing them in individual piles like a clock. The plate should have 6 individual piles of vegetables.
4. Grate the ginger and the garlic, keep aside.
5. Mix all the sauce ingredients in a bowl and keep aside.

## Cooking instructions:

1. Heat up wok/frying pan with 2tbsp of vegetable oil until lightly smoking.
2. Cook the pork/chicken until it has changed in colour and lightly golden brown. (Ignore this step if making the vegetarian version.)
7. Starting with the red onions, cook on a medium heat for 1 minute.
8. Then add carrots, cook for further 1 minute.
9. Add the peppers, pak choy, Chinese leaf and the grated garlic and ginger. Cook for a further 1 minute stirring occasionally.
10. Add the noodles and spring onion, mix well to incorporate all the vegetables and noodles together.

## Ingredients for the sauce:

1 tbsp soy sauce  
1 tbsp dark soy sauce  
1/2 tsp black rice vinegar  
1/2 tsp sesame oil  
1/4 Shaoxing rice wine  
1 tbsp ketjap manis  
30mls water  
1/2 tsp sugar  
Pinch of salt  
Pinch of white pepper  
1/2 tsp chilli oil (optional)

11. Finally turn the heat up slightly and add the sauce mixture, tossing the noodles and mixing the sauce to coat all the noodles and vegetables.
12. Cook this for a further 2 minutes until the sauce has been absorbed by all the noodles and vegetables.

