

CHINESE DUMPLINGS



These are wonderful hors d'oeuvres to make ahead and reheat at 350°F (180°C) for 5 minutes. They freeze well and should be reheated from their frozen state. Make double the quantity you need because they are very popular. Add more hot sauce if you are a hot chili fan. All ingredients are available at most supermarkets and Chinese grocery stores.

FILLING:

- 1 bunch spinach, blanched or 300 g pkg.
frozen spinach, defrosted
- 2 green onions, minced
- 1 lb (500 g) ground pork
- 1 tbsp (15 mL) minced ginger
- 2 tbsp (25 mL) soy sauce
- 1/4 tsp (1 mL) Chinese chili sauce or Tabasco™
- 1/4 tsp (1 mL) sugar
- 2 tsp (10 mL) sesame oil
- 1/2 tsp (2 mL) salt
- Pepper to taste
- 30 wonton wrappers
- 2 tbsp (25 mL) vegetable oil

SAUCE:

- 1 cup (250 mL) chicken stock or water
- 2 tbsp (25 mL) soy sauce
- 1/2 tsp (2 mL) sugar

Squeeze water out of spinach until dry and chop. Combine all ingredients thoroughly for filling. Place 1 tsp (5 mL) filling in centre of wrapper. Bring edges up around filling. Place between thumb and forefinger and squeeze at "waist" of dumpling. Press top and bottom flat. Place on wax paper lightly dusted with cornstarch. Combine chicken stock, soy and sugar.

Heat 1 tbsp (15 mL) vegetable oil in heavy skillet over medium heat. Add half of dumplings and fry until bottoms are dark brown. Pour in half of sauce, cover pan and steam dumplings until firm to touch, about 2 minutes. Uncover and continue to cook until sauce evaporates. Tip out dumplings onto serving platter, wipe out pan and repeat with second batch. Serve with dip.

Makes about 30.

GINGER SOY DIP

- 2 tbsp (25 mL) shredded ginger root
- 1/3 cup (75 mL) red wine vinegar
- 1/4 cup (50 mL) soy sauce
- optional:
1 tsp (5 mL) Chinese chili sauce

Combine ingredients. Sauce keeps 2 weeks.