

Veggie Dumplings

30 Dumplings



Ingredients

1 t olive oil

1 egg

1 garlic clove, minced

1/2 t fresh ginger, minced

4-5 oz tofu, crumbled

3 oz purple cabbage, thinly sliced

1/2 carrot, grated

1/4 C edamame

1 T scallions, thinly sliced

2 t soy sauce

1 t rice wine vinegar

30 (3") wonton wrappers

1 t vegetable oil

Instructions

Heat olive oil in pan on medium-low heat.

Add garlic and ginger. Then add tofu to the pan; let cook without stirring for 2 minutes to brown tofu on one side.

Once browned, add cabbage and carrot and cook until tender, 2 minutes. Then add edamame, scallions, soy sauce and rice wine vinegar.

Cook until liquid evaporates, about 3 minutes. Pour eggs into hot pan, whisking until scrambled.

Place ½ tablespoon of filling onto a wonton wrapper. Then moisten half of the wrapper with water. Fold dumpling wrapper in half, folding over the filling ingredients. Seal the dry half onto the wet half, crimp to make dumpling pleats or seal flat.

Cook according to preference: can be baked, steamed or fried. Enjoy!

To Bake: Place finished dumplings on a parchment lined tray, brush with vegetable oil and cook in 400 degree oven for 15-20 minutes.

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Instructions

To Steam: Line bamboo steamer with parchment. Place finished dumplings in bamboo steamers and set on top of a wide pan filled with about 2" of water; be sure the sides of the pan are not touching the bamboo. Steam 10 minutes, then brush dumplings with vegetable oil. Rotate steamers as top steamer cooks slower than bottom. Steam another 5-8 minutes to finish, until dumpling wrappers are translucent.

To Fry: Heat up a non-stick pan and drizzle 1 teaspoon of vegetable oil into the bottom. Place dumplings into hot pan and cook on all sides for 1-2 minutes each until golden brown.

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