



Dumplings



Ingredients

- 2 cloves garlic, peeled
- 1 small knob ginger, peeled and sliced
- 2 shallots or spring onions, white part only, trimmed
- 1 cup packed kale leaves, stems removed & washed
- 500g chicken mince

Preparation

1. Pound the garlic and ginger in a mortar and pestle until you have a smooth paste. You can use a garlic crusher and grate the ginger if you don't have a mortar and pestle.
2. Place in a food processor with the spring onion and kale and blend until finely chopped.
3. Add chicken mince and blend for 1 minute.
4. Place a teaspoon of mix in the centre of a gow gee wrapper. Wet half of the outside rim with your finger. Fold over and press out any air bubbles before pressing firmly to seal. Pinch three times to secure.
5. Steam, boil or fry dumplings until cooked through, about 5-6 minutes.
6. Serve with your preferred broth.
7. Makes about 60 dumplings. Freeze what you don't use.



Chinese Version Ingredients

- 1 litre beef stock
- 3 cloves garlic, sliced
- 2 large knobs ginger, peeled and sliced
- Handful star anise
- Handful szechuan pepper
- Handful of cassia bark
- 1-3 chilli, split (optional)
- 4 tbsp rock sugar, approx
- Soy sauce and sesame oil to taste

Simmer for 10 minutes.

Garnish with Coriander & Garlic chive or shallots, sliced.

Thai Version Ingredients

- 1 litre chicken stock
- 3 lemongrass stalks, trimmed & beaten
- 6 kaffir lime leaves, torn
- 2 knob ginger, peeled and sliced
- 1-3 chilli, split (optional)
- 4 tbsp palm sugar, chopped
- Fish sauce to taste

Simmer for 10 minutes.

Garnish with mint, coriander, thai basil and garlic chive, sliced.