

Chinese Cultural Centre of Greater Toronto
Jiao Zi or Dumplings Recipe

Meat dumplings are a staple of northern Chinese home-style cooking. Traditionally, they are filled with any kind of meat and vegetables, flavoured with garlic, chives, salt, and pepper. The dumplings can be boiled or steamed and served with a broth or a variety of sauces.

Ingredients

For the Dumplings:

- 1 package of dumpling wrappers (available at Chinese supermarkets)
- 1 package of frozen spinach
- 1 lb lean ground chicken (or any other meat)
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 3 stalks green onions, chopped
- ½ teaspoon sugar
- ½ tablespoon salt
- Dash of white or black pepper
- ½ tablespoon wine (optional)
- 1 egg
- 1 tablespoon cornstarch
- 3 tablespoons water or chicken/vegetable stock
- Small bowl of water (for sealing the dumplings)
- A pot of boiling water

For the Dipping Sauce:

1. **Option 1:** Vinegar only
2. **Option 2:**
 - Soy sauce (diluted with ½ water)
 - 1 teaspoon chopped ginger

- 1 teaspoon chopped garlic
 - 1 stalk green onion, chopped
 - Hot sauce (optional)
 - Dash of vinegar
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Method

Prepare the Filling:

1. Thaw the frozen spinach. Take a handful and squeeze out the juice. Repeat until all the juice is removed.
2. Place the minced chicken into a bowl and add the spinach.
3. Add the seasonings, then the egg and cornstarch.
4. Mix well with a fork and add the water or stock until the mixture is smooth.

Wrap the Dumplings:

1. Unwrap the dumpling wrappers.
2. With a spoon, add a scoop of the mixture to the centre of the wrapper.
3. Dip one finger in the small bowl of water and spread it along the edges.
4. Pinch the two sides together to seal. You can flute the edges if desired.

Cook the Dumplings:

1. Add the dumplings to the boiling water, stirring to prevent them from sticking.
2. When the water boils again, add ½ cup of cold water.
3. Continue cooking over high heat until the dough is tender.

Serve:

- Remove and drain the dumplings.
- Serve in broth or with the seasoning sauce.