

Dumplings filling

Would you change this recipe when you make it at home?

Equipment:	Ingredients
Grater Knife, cutting board and mat Measuring equipment 2 Bowls Frying pan with lid Pair of spatulas 2 Plates for cooling You will wash and reuse the plates and frying pan for the next step.	1 tsp sesame oil 1 tsp olive or canola oil First bowl: 1/2 carrot, coarsely grated About 1-3 Pak Choi leaves, or other Asian greens or a small wedge of cabbage, carefully washed and thinly sliced 1 cube firm tofu, crumbled 1 mushroom, diced Second bowl: 1 spring onion, thinly sliced 1 clove garlic, finely chopped 1 tsp ginger, grated 2 tsp soy sauce or tamari salt and pepper

Method:

Work fast! Finish Step 1 by 9:30 / 11:40. Finish step 7 by 9:40 / 11:50

Remember to clean up your workstation as you go

1. Process the ingredients according to the directions on the ingredients list. **Then wash your knife.**
2. Heat 2 oils a large frying pan over **medium heat**, along with a tiny pice of carrot. When the carrots starts to sizzle, the oil is ready.
3. Add carrots, Asian greens, cabbage, tofu and mushroom along with a small sprinkling of salt and pepper (first bowl).
4. Cook, stirring frequently, for about 5 minutes or until the veggies have softened.
5. Add spring onion, garlic, ginger, and soy sauce along with a pinch of salt and pepper (second bowl).
6. Cook for an additional minute, then transfer to the plates. Spread out thinly and fan with your recipe sheet to cool completely.
7. **Pour cold water into your pan** to cool it down so that it is safe to wash. You will need it soon when you cook your dumplings.

It should now be about 9:40 / 11:50

You will now see a demonstration of how to assemble the dumplings.

