



# DUMPLINGS **AROUND THE WORLD:**

A look at the foods we love to eat, and how to cook them.

by Felipe De La Guerra

# THE DUMPLING

A humble food, the dumpling has found its way into many cultures around the world. It has a long history, and hopefully a great future. Simple in theory, a dumpling consists of a dough, filled or not, which is then cooked by boiling, steaming, frying, or baking. With so many different forms, there is surely a dumpling out there for everyone.



## Contents

The Dumpling.....	2
Shrimp Shumai .....	3
Sheng Jian Bao.....	5
Gyoza .....	6
Chả Giò.....	7
Kimchi .....	8
Mandu.....	8
Samosas.....	9
Käsespätzle .....	10
Ricotta Gnocchi .....	11
Ravioli.....	12
Pierogi .....	14
Kroppkakor .....	16
Chicken & Dumplings .....	17
Empanadas de Arroz.....	18
Empanadas de Mejido .....	19



# SHRIMP SHUMAI

A traditional Chinese dumpling, shumai is usually served as part of *dim sum* in Cantonese cuisine. Wrapped in a thin sheet of dough and shaped like a squat cylinder, shumai are typically filled with both pork and shrimp, though some are made only with shrimp.



## Ingredients:

15 dried shiitake mushrooms	1 tsp. plus 1 tbsp. sugar
12 cleaned and deveined shrimp (about 5 oz.)	1/4 tsp. freshly ground black pepper
5 oz. ground pork	12 square wonton wrappers
2 tbsp. cornstarch	2 tbsp. tobiko (flying fish roe)
2 tsp. sesame oil	3 tbsp. rice vinegar
1 1/4 tsp. kosher salt	3 tbsp. soy sauce

## Instructions:

1. In a medium bowl, cover shiitake with boiling water and soak for 10 minutes. Strain, discarding liquid, and finely chop mushrooms.
2. In a small food processor, pulse 8 of the shrimp until it forms a paste and transfer to a bowl along with the mushrooms, pork, cornstarch, 1 1/2 teaspoons of sesame oil, the salt, 1 teaspoon of sugar, and the pepper. Cut the remaining shrimp into 1/4-inch pieces and add them to the bowl. Mix well and set aside.
3. Lay 1 wrapper across the flattened palm of one hand. Put 2 tbsp. filling in center of wrapper. Close fingers around wrapper, gathering up edges, to form a “basket” with loosely pleated sides. Gently squeeze sides, pressing in the pleats to seal them. Gently drop dumpling on a flat surface to flatten the bottom. Work fingers gently around the edges to even out its shape. Use a knife to pat down any filling that protrudes above top of wrapper. Top with 1/2 teaspoon of tobiko and put in a bamboo steamer. Repeat to make 12 dumplings.
4. Cover the steamer with lid and put into a wok. Pour water into wok until just high enough to show around edges of the bottom steamer but not high enough to touch the dumplings inside. Bring to a boil over medium-high heat. Steam dumplings, replenishing water if necessary, until cooked through, about 10 minutes.
5. Meanwhile, in a small bowl, mix the remaining 1 teaspoon of sesame oil and 1 tablespoon of sugar with the rice vinegar and soy sauce. Serve with the dumplings.



# SHENG JIAN BAO

## Filling:

- 1 cup shredded Napa cabbage
- 1 teaspoon kosher salt
- 3/4 pound pork belly, cut into 1-inch cubes
- 2 shiitake mushrooms, finely chopped
- 1 scallion, finely chopped
- 2 medium cloves garlic, minced
- 2 teaspoons cornstarch
- 1 teaspoon Shaoxing wine
- 1 teaspoon toasted sesame oil
- 1 teaspoon vegetable, peanut, or canola oil
- 1/4 teaspoon sugar
- 1/4 teaspoon ground white pepper

## Dough:

- 1 cup plus 6 tablespoons all-purpose flour, plus more for dusting
- 2 tablespoons cornstarch
- 1/4 teaspoon kosher salt
- 1 tablespoon sugar
- 1 1/2 teaspoon baking powder
- 1 1/4 teaspoon dry yeast
- 1/2 cup lowfat or whole milk
- Vegetable, peanut, or canola oil, for greasing and cooking

*Similar to the more well known Xiao Long Bao (Soup Dumplings), Sheng Jian Bao hail from Shanghai and are filled with a flavorful, juicy pork filling. But while soup dumplings are always steamed and bursting with soup, sheng jian bao are a little less soupy and are steamed and pan-fried—all in the same pan.*

## Filling:

1. Place Napa cabbage in a bowl, add salt, and mix until slightly wilted, about 1 minute. Let stand at room temperature for 10 minutes. Squeeze cabbage of excess water and return to bowl.
2. Place pork belly in a food processor and process until finely ground. Add Napa cabbage, shiitake mushrooms, scallion, garlic, and pulse 2 times until incorporated. Transfer to a large bowl.
3. Add cornstarch, Shaoxing wine, sesame oil, vegetable oil, table salt, sugar, and white pepper powder to the ground pork. Mix well and set aside in the refrigerator. The filling can be made a day ahead.

## Dough:

4. In a large bowl, mix flour, cornstarch, salt, sugar, baking powder, and yeast together. Warm milk in a microwave. Stir half of the milk into the flour, combine with a spatula, then stir in the remaining milk until thoroughly combined. Knead until dough comes together. Transfer to a clean work surface and knead until smooth. Grease a bowl with oil, transfer the dough to the bowl, and cover with plastic wrap. Let rest for 30 minutes.
5. Transfer dough to a lightly floured work surface. Cut dough into 4 equal parts. Roll out one portion of dough into a 6-inch snake, and cut into 6 equal pieces. Roll each piece of dough into a ball, flatten it with the palm of your hand, and roll the dough out with a small rolling pin until it is about 3 1/2 inches in diameter.
6. Place about 1 tablespoon of the pork filling in the center of the dough round. Fold the dough up and around the filling, pleating and pinching around the top until sealed.
7. Place finished buns on a lightly greased plate, cover plate loosely with plastic wrap, and let rest at room temperature for 10 minutes.
8. Heat 1 teaspoon oil in a non-stick skillet over medium-high heat until shimmering. Place the buns in the pan, leaving 1/2 inch of space between each bun (work in batches if necessary). Pan-fry the buns until they start to turn lightly golden brown on the bottom, about 25 seconds. Pour 1/4 cup water into the skillet and cover immediately. Cook until the water completely evaporates, about 5 minutes. Turn off the heat and leave the lid on the pan until the sizzling stops, about 30 seconds. Remove the lid, plate the buns, and serve immediately.

# GYOZA



In Japan, you can find these mouthwatering dumplings being served at specialty shops, izakaya, ramen shops, grocery stores or even at festivals. They are first fried in a hot pan until crispy brown on the bottom sides, then a small amount of water is added before the pan is covered to quickly steam the entire dumplings.

## Dumplings:

- 1 pound finely minced Napa cabbage
- 1 tablespoon kosher salt, divided
- 1 pound ground pork shoulder
- 1 teaspoon white pepper
- 1 tablespoon minced fresh garlic
- 1 teaspoon minced fresh ginger
- 2 ounces minced scallions

2 teaspoons sugar

1 package dumpling wrappers

## Sauce:

1/2 cup rice vinegar

1/4 cup soy sauce

2 tablespoons chili oil

## Instructions:

1. Combine cabbage and 2 teaspoons salt in a large bowl and toss to combine. Transfer to a fine mesh strainer and set it over the bowl. Let stand at room temperature for 15 minutes.
2. Use towel to squeeze the cabbage, wringing out as much excess moisture as possible. Discard the liquid.
3. Combine pork, drained cabbage, remaining teaspoon salt, white pepper, garlic, ginger, scallions, and sugar in a large bowl and knead and turn with clean hands until well-mixed and sticky.
4. Set up a work station with a small bowl of water, a clean dish towel for wiping your fingers, a bowl with the dumpling filling, a parchment-lined rimmed baking sheet for the finished dumplings, and a stack of dumpling wrappers covered in plastic wrap.
5. To form dumplings, hold one wrapper on top of a flat hand. Using a spoon, place a 1 tablespoon-sized amount of filling in the center of the wrapper. Use the tip of the finger on your other hand to very gently moisten the edge of the wrapper with water. Wipe fingertip dry on kitchen towel.
6. Working from one side, carefully seal the filling inside the wrapper by folding it into a crescent shape, pleating in edge as it meets the other ([see here for more detailed step by step instructions](#)). Transfer finished dumplings to the parchment lined baking sheet.
7. Heat 1 tablespoon of vegetable oil in a medium non-stick skillet over medium heat until shimmering. Add as many dumplings as will fit in a single layer and cook, swirling pan, until evenly golden brown on the bottom surface, about 1 1/2 minutes.
8. Increase heat to medium-high, add 1/2 cup of water and cover tightly with a lid. Let dumplings steam for 3 minutes, then remove lid. Continue cooking, until the water has fully evaporated and the dumplings have crisped again, about 2 minutes longer. Slide dumplings onto a plate, turning them crisped-side-up before serving with the sauce.



# CHẢ GIÒ

Chả giò is very popular around the world. Whether you call them spring rolls, egg rolls, chả giò or nem rán, these crispy Vietnamese rolls are delicious. Traditionally made with rice paper sheets (bánh tráng), many opt for the easier to handle wheat-based wrappers.



## Filling:

- 1 lb ground pork (makes 25 egg rolls)
- 1 medium jícama (1/2 cup)
- 2/3 cup chopped onion
- 1/8 cup wood ear mushrooms, chopped
- 1/2 cup bean thread noodle, cut into 1"-1.5" threads
- 1 tsp salt
- 1 tsp pepper
- 1 tsp sugar

## Wrappers:

- 1 package egg roll wrappers
- 1/4 cup water and 1 tbsp flour, microwaved until barely boiling

## Instructions:

1. Soak bean threads in hot tap water and mushrooms in 40-second microwaved hot tap water until soft. About 30 minutes.
2. Shred or finely chop onion and squeeze excess moisture out by hand. Add 1/2 tsp salt to jícama, microwave until slightly soft and squeeze excess moisture out by hand.
3. When soft, chop bean thread noodles and mushrooms.
4. Add bean thread, mushrooms, onion, salt, pepper, and sugar into a large mixing bowl and mix thoroughly. Add pork and mix well. Add jícama last and mix well.
5. Wrap the egg rolls and fry at 325°F until golden brown and fully cooked inside. About 12-16 minutes per batch.



# KIMCHI MANDU

*Koreans often eat kimchi mandu on New Year's day – Typically in a soup, but these dumplings are delicious year-round.*

*One of the main dumpling fillings here is kimchi (napa cabbage). Typically, it's also packed with minced pork and tofu as well. Mandu can be fried for a crunchy texture (gun mandu) or steamed (jjin mandu).*

## Ingredients:

**2 1/2 cups all-purpose flour, plus more for sprinkling**

**1 cup water**

**1 pound ground pork**

**3/4 cup chopped kimchi**

**1 tablespoon minced fresh ginger**

**1 large garlic clove, minced**

**1 large egg, lightly beaten**

**1 teaspoon kosher salt**

**1/4 cup vegetable oil**



## Instructions:

1. Put the flour in a medium bowl. Add the water in a steady stream, stirring until a raggy dough forms. Turn the dough out onto a work surface and knead until smooth, 5 minutes. Sprinkle the dough with flour, cover loosely with plastic wrap and let stand for 15 minutes.

2. In a large bowl, knead the pork with the kimchi, ginger, garlic, egg and salt.

3. Line a baking sheet with wax paper and sprinkle with flour. Quarter the dough. On a floured work surface, roll each piece into a 12-inch rope. Cut each rope into 12 pieces and roll into balls; sprinkle with flour. Roll out 6 balls at a time to 3 1/2-inch rounds; brush off the

excess flour. Spoon 1 tablespoon of the filling onto the center of each round. Bring up the sides of the wrapper; press and pleat the edges to seal in the filling. Lift each dumpling by the pleated edge, transfer to the baking sheet and press down lightly to flatten.

4. In a nonstick skillet, heat 2 tablespoons of the oil. Arrange half of the dumplings in the skillet, pleated edge up. Cook over high heat until the bottoms are lightly browned, 2 minutes. Add 1/2 cup of water, cover and cook until the filling is cooked through, 5 minutes. Uncover and cook until the bottoms are well browned, 1 minute; transfer to a plate. Cook the remaining dumplings and serve.



# SAMOSAS

*The samosa is a popular snack in many parts of the world, but the Indian Samosa is by far the most well known. The gorgeous, crunchy, twisted pack of spicy goodness that oozes with chicken, meat or potato.*

## Ingredients:

**3 tbsp vegetable oil**

**1/2 tsp mustard seeds**

**2 1/2 oz chopped onion**

**1 tsp finely chopped ginger**

**2 1/2 oz frozen peas**

**1 tbsp ground coriander**

**1 tsp ground cumin**

**1/4 tsp red chilli powder**

**1/2-3/4 tsp garam masala**

**Juice of 1/2 a lemon**

**salt, to taste**

**1lb 5oz potatoes, peeled, boiled until soft and crushed into large lumps**

**4 tbsp chopped fresh coriander leaves**

**packet ready-made filo pastry**

**5 tbsp melted butter, for brushing**

## Instructions:

1. Heat the oil in a small non-stick pan and fry the mustard seeds for about ten seconds, or until they begin to splutter.

2. Add the onion and ginger and cook for 2-3 minutes over a high heat. Add the peas, stir well and add the spices, salt and lemon juice. Cook for 1-2 minutes, then add the potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.

3. Preheat the oven to 400°.

4. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out. Lay the pastry sheet flat on a clean surface and brush with melted butter. Fold in one third of the pastry lengthways towards the middle. Brush again with the butter and fold in the other side to make a long triple-layered strip.

5. Place one rounded teaspoon of the filling mixture at one end of the strip, leaving a 1 in border. Take the right corner and fold diagonally to the left, enclosing the filling and forming a triangle. Fold again along the upper crease of the triangle. Keep folding in this way until you reach the end of the strip. Brush the outer surface with more butter. Place onto a baking sheet and cover while you make the rest of the samosas. Sprinkle over a few sesame seeds, if using.

6. Bake in the centre of the oven for 30-35 minutes, or until golden and crisp, turning halfway through the cooking time.

To serve, place the samosas onto a large serving plate with a bowlful of chutney.

### Ingredients:

- 3 cups all-purpose flour
- 1/4 teaspoon freshly grated nutmeg
- 1 medium white onion, thinly sliced
- 1 large egg
- 1 1/2 cups shredded Gruyère cheese (5 ounces)

1 3/4 cups milk 1 tablespoon unsalted butter, cut into small pieces

Salt and freshly ground pepper

4 large egg yolks

2 tablespoons peanut oil

### Instructions:

1. In a small bowl, whisk the milk with the egg yolks and egg. In a large bowl, whisk the flour with the nutmeg, 1 teaspoon of salt and 1/4 teaspoon of pepper. Using a wooden spoon, stir the egg mixture into the flour, leaving a few lumps. Cover and refrigerate the batter for at least 1 hour or overnight.
2. Bring a large pot of salted water to a boil. Prepare a large bowl of ice water. Carefully hold a colander with large holes over the boiling water. Add about 1/2 cup of the batter to the colander and press it into the simmering water with a spatula or the back of a spoon. Repeat until all of the batter has been used. Cook the spaetzle for 2 minutes longer, then drain. Immediately transfer the spaetzle to the ice water, swirling the dumplings until all of the ice melts. Drain and transfer to a large bowl. Stir in 1 tablespoon of the oil, season with salt and pepper and toss to coat.
3. Preheat the oven to 400°. Oil a 9-by-13-inch baking dish. Spread the spaetzle in the dish and dot with the butter. Sprinkle with the cheese and bake for about 20 minutes, or until the spaetzle is hot and the cheese is just melted.
4. Meanwhile, heat the remaining 1 tablespoon of oil in a medium skillet. Add the onion and cook over high heat until softened, about 1 minute. Reduce the heat to moderately low and cook, stirring occasionally, until lightly browned, about 15 minutes. Scatter the onion over the spaetzle and serve.



# KÄSESPÄTZLE

*This hearty dish eaten in Germany, Switzerland, and Austria is the Germanic version of mac and cheese. Flour dumplings, called spaetzle are boiled and then cooked in a cheese sauce with caramelized onions. Frequently served in alpine huts, Käsespätzle tastes especially good paired with a beer after a walk in crisp mountain air.*



# RICOTTA GNOCCHI

*“Gnocco” translates literally as “lump” and is a colloquial word for dumpling; gnocchi can be made out of semolina, cornmeal, spinach, even bread crumbs. These ricotta gnocchi are just as authentic as their potato relatives, but lighter in texture and much easier to make.*



### Ingredients:

Salt

One 15-ounce container ricotta cheese, preferably whole milk

2 eggs, lightly beaten

1 1/4 cups freshly grated Parmesan, plus more for serving

Freshly ground black pepper

3/4 to 1 cup flour

3 tablespoons unsalted butter

10 or more sage leaves

### Instructions:

1. Bring a large pot of water to a boil and salt it. Combine the ricotta, eggs and Parmesan in a large bowl, along with some salt and pepper. Add about 1/2 cup flour and stir; add more flour until the mixture forms a very sticky dough. Scoop up a spoonful of dough and boil it to make sure it will hold its shape; if it does not, stir in a bit more flour.
2. Put the butter in a large skillet over medium heat. When it melts and turns a nutty brown color, add the sage. While it fries, drop the ricotta mixture by the rounded tablespoon into the boiling water, working in batches of six or so at a time so as not to overload the pot.
3. When the gnocchi rise to the surface, remove with a slotted spoon and transfer to the skillet. When all the gnocchi are done, toss, taste and adjust the seasoning, and serve immediately.



# RAVIOLI

*Ravioli can seem intimidating, but you just need to know where to start. A good dough makes all the difference, and you can fill the ravioli with whatever you like. The ravioli are finished in the sauce, so you only cook them until they float back up to the top. Then you transfer them to your skillet filled with your sauce, finishing the cooking.*

## Dough:

- 3 large eggs, beaten to blend**
- 2 cups all-purpose flour**
- 1 tablespoon olive oil**
- 1 teaspoon kosher salt**

## Instructions:

1. Mix eggs, flour, oil, and salt in the bowl of a stand mixer with your hands until a shaggy dough forms.
2. Knead with dough hook until dough is smooth and elastic, about 10 minutes. Cover dough with plastic wrap and let rest at least 30 minutes.
3. Lightly flour a rimmed baking sheet or tray.
4. Working with one pasta sheet at a time, very lightly moisten the entire strip with water using a spray bottle or a pastry brush.
5. Spoon rounded teaspoonfuls of the filling 1 inch apart along the

center of the sheet. Lift the top edge of the strip and bring it down to meet the bottom, letting it fall loosely over the filling and lining up the edges. Using your fingers, gently press on the dough close to each mound to coax out any trapped air, and then press on the edges to seal completely.

6. Using a fluted pastry wheel or a knife, trim the long, unfolded edge of the ravioli if you like. Then cut the pasta between the mounds to form individual ravioli. Transfer the ravioli to the prepared baking sheet in a single layer. Repeat with the remaining dough and filling.

## Butternut Squash Filling:

- 1 large butternut squash (about 2-1/2 lb.), halved lengthwise and seeded**
- 3 oz. (6 Tbs.) unsalted butter, softened**
- Kosher salt and freshly ground black pepper**
- 4 sage leaves**
- 2 medium cloves garlic**
- 1 oz. (1 cup) finely grated Grana Padano**

## Instructions:

1. Position a rack in the center of the oven and heat the oven to 400°.
2. Rub the inside of each seed cavity with 1 Tbs. butter, season well with salt and pepper, and put 2 sage leaves and a garlic clove in the center. Lay the squash cut side up on a sheet pan. Cook until the squash can be easily pierced with a fork, about 1 hour. Let cool to room temperature and discard the sage.
3. Meanwhile, in a 10-inch skillet, heat the remaining 4 Tbs. butter over medium heat until browned and nutty, about 2 minutes.
4. Scoop out all the flesh into a medium bowl and discard the skin. Mash together with the roasted garlic, cheese, and browned butter. Season to taste with salt and pepper.

## Arugula & Goat Cheese Filling:

- 2 tablespoons unsalted butter**
- 1 1/2 teaspoons finely chopped garlic**
- 3/4 teaspoon salt**
- 3/4 teaspoon black pepper**
- 1 lb arugula, trimmed**
- 1 teaspoon finely grated fresh lemon zest**
- 1/2 cup soft mild goat cheese (4 1/2 oz)**
- 1/2 cup ricotta (preferably fresh; 4 1/2 oz)**

## Instructions:

1. Heat butter in a 12-inch heavy skillet over moderate heat until foam subsides, then add garlic, salt, and pepper and cook, stirring occasionally, until garlic begins to turn golden, 1 to 2 minutes.
2. Add arugula and zest and cook, turning with tongs, until arugula is wilted, 2 to 4 minutes. Transfer arugula mixture to a fine-mesh sieve and press with back of a wooden spoon to extract excess liquid, then finely chop.
3. Stir together arugula mixture and cheeses in a bowl.





# PIEROGI

*Pierogi, or boiled filled dumplings, were originally Polish peasant food. But these savory dumplings eventually overcame class boundaries and became popular among those in all walks of life.*

## Ingredients:

2 cups All-Purpose Flour  
1/2 teaspoon salt  
1 large egg  
1/2 cup sour cream  
1/4 cup (4 tablespoons) butter, room temperature

1 cup warm mashed potatoes  
1 cup sharp cheddar cheese, shredded  
1/4 cup (4 tablespoons) butter  
2 large shallots, diced or 1 medium onion, thinly sliced

## Dough:

1. Mix together the flour and salt. Add the egg to the flour and combine. The dough will be quite clumpy at this stage.
2. Work in the sour cream and soft butter until the dough comes together in a slightly rough, slightly sticky ball.
3. Using just your fingertips, knead and fold the dough without adding additional flour until the dough becomes less sticky but still quite moist.
4. Wrap the dough well in plastic wrap and refrigerate for 30 to 60 minutes, or up to 48 hours.

## Filling:

1. Combine the warm mashed potato and cheese. Stir and mash until the cheese is melted and the filling is cool to the touch. Taste and adjust the seasonings with salt and pepper.

2. Roll half the dough 1/8" thick. Use a 2" round cutter to cut circles of dough. Repeat with the other half of the dough.
3. Place 1 1/2 teaspoons of filling on each round of dough. Gently fold the dough over, forming a pocket around the filling. Pinch the edges of the pierogi to seal, then seal again with the tines of a fork.
4. Cook in a large pot of boiling salted water. Only cook about 10 pierogi at a time, so that they have room to float without sticking. When the pierogi float, they're done.
5. Sauté the shallots or onion in the butter in a large skillet until the onion begins to brown. Add the drained pierogi and cook until browned and crisped. Serve hot with additional sour cream, applesauce, or other condiments.





# KROPPKAKOR

Swedish *kroppkakor*, hearty mashed potato dumplings stuffed with an allspice-laden filling of bacon and onion, are a specialty of Oland, an island off the southern coast of Sweden. They're traditionally enjoyed with sour cream to boost their richness and lingonberry preserves, which lend acidity and sweetness.

## Ingredients:

- 3 lb. russet potatoes, peeled and cut into 1" pieces
- 2 1/2 cups flour, plus more for dusting
- 2 eggs, plus 1 yolk
- Kosher salt, to taste
- 1 tbsp. olive oil
- 1 lb. sliced bacon, roughly chopped
- 1 large yellow onion, minced
- 1 tbsp. ground allspice
- Lingonberry preserves and sour cream, for serving

## Instructions:

1. Boil potatoes in a 4-qt. saucepan of salted water until tender, about 20 minutes. Drain potatoes and let cool, then transfer to a bowl and mash until smooth. Add flour, eggs, yolk, and salt; stir to combine. Cover with plastic wrap and chill dough 30 minutes.
2. Heat oil and bacon in a 12" skillet over medium-high heat; cook until fat is just rendered, 10–12 minutes. Add onion and cook, stirring occasionally, until onion is golden and bacon is crisp, about 8 minutes. Pour off and discard fat, or save for another use. Stir allspice and salt into bacon mixture; let cool.
3. Bring an 8-qt. saucepan of salted water to a boil. On a lightly floured surface, divide dough into fourteen 4-oz. balls. Working with 1 ball dough at a time and with lightly floured hands, press index finger into center of ball to create a pocket; place about 2 tbsp. bacon mixture inside pocket and pinch edges of dough to seal; roll into a smooth ball and flatten into a 2 1/2"-wide patty about 1" thick. Add dumplings to water; when dumplings float, reduce the heat to medium and simmer until firm, about 30 minutes. Using a slotted spoon, transfer the dumplings to a serving platter; serve with lingonberry preserves and sour cream.



# CHICKEN & DUMPLINGS



This comfort food classic from the American South is best made from scratch with homemade chicken broth and rolled dough strips.

- |   |  |
|---|--|
| <b>Dumplings:</b>   | 1 cup onion, diced                           |
| 2 cups flour  | 1 cup carrots, diced                         |
| 2 tablespoons cold butter, cubed                          | 1 cup celery, diced                          |
| 1/2 tsp. baking powder                                    | 1 clove garlic, minced                       |
| 1 cup reserved chicken broth, cooled                      | 1/2 teaspoons kosher salt, to taste          |
| 1/2 teaspoon kosher salt                                  | 1/2 teaspoon black pepper, to taste          |
| 1/4 teaspoon black pepper                                 | 1/4 teaspoon ground nutmeg                   |
| <b>Soup:</b>  | 4 to 6 cups cooked chicken, coarsely chopped |
| 10 to 12 cups chicken broth (reserve 1 cup for dumplings) | 2 cups half and half                         |

## Dumplings:

1. In a medium bowl, combine the flour, baking powder, salt and pepper; whisk to combine. Cut the butter into the flour mixture with a fork or pastry blender and mix until crumbly. Stir in cooled chicken broth and continue to blend until the dough forms a ball.
2. On a heavily floured work surface, roll out dough to about 1/4 inch thickness.
3. Cut the dumplings into 1 1/2 to 2 inch squares. Place dumplings on a floured plate and generously dust the tops of the dumplings with flour while piling them onto the plate to prevent sticking.

## Soup:

1. Bring the broth to a rolling boil. Drop the dumplings in one at a time, letting them sink into the broth.
2. Reduce heat to medium-high and cover with a tight fitting lid and cook the dumplings at a medium boil for about 20 minutes. (The soup should have thickened slightly into a thin "gravy" with the additional flour on the dumplings.)
3. After dumplings have cooked, stir in the half and half; heat to a low boil and continue to cook for an additional 5 minutes.
4. Stir in the cooked chicken and season with salt and pepper to taste. Serve immediately.



# EMPANADAS DE ARROZ

## Ingredients:

- 2 cups white rice, well-cooked
- 1/2 pound ground beef
- 1/2 white onion, finely chopped
- 1/4 cup cooked peas
- 1 tablespoon butter
- Vegetable Oil (for frying)

## Instructions:

1. In a frying pan, melt butter and add onion. Saute until translucent. Add ground beef, breaking up into small pieces and season with salt and pepper. Once the beef is cooked through, add the cooked peas, stir to combine, and remove from heat and let cool.
2. Mash the cooked rice until it becomes a sticky, pliable dough. Divide dough into balls about the size of a walnut. Place between two pieces of cling film sprayed with water and roll out with a rolling pin to create a thin circle.
3. Spoon 1 tablespoon of filling into the center of each circle. Moisten edges with water and fold in half to create semicircular empanada, crimping the edges with a fork, if necessary.
4. Cover and let rest for 10 minutes in the fridge. Meanwhile, heat vegetable oil in frying pan. Place empanadas into the oil and fry until golden brown. Remove from oil and drain on paper towels. Serve immediately with Aji, or any other hot sauce.



*These traditional Ecuadorian empanadas use cooked rice as the dough, instead of its more laborious corn-based counterpart in the [empanada de morocho](#). These ultra-crispy empanadas can be filled with beef, pork, or chicken, but should always be served warm and accompanied with hot sauce, preferably Ecuadorian Aji Casero. These are truly one of Latin American cuisine's best kept secrets.*



# EMPANADAS DE MEJIDO

*Another star of Ecuadorian cuisine is this desert empanada. A wheat dough is filled with a sweet custard with cheese, then fried until puffy and crisp then topped with sugar. These are an absolute delight, and can help you end a meal on a high note.*

## Ingredients:

- |                             |                          |
|-----------------------------|--------------------------|
| 500 grams flour, sifted     | 1 tablespoon lemon juice |
| 1/2 teaspoon salt           | 1/4 to 1/3 water         |
| 1/2 teaspoon baking powder  | 500 grams queso fresco   |
| Vegetable oil (for frying)  | 1/3 cup sugar            |
| 2 tablespoons butter, cubed | 2 eggs                   |

## Instructions:

1. In a pot, mix the broken up cheese, eggs, and sugar until it dissolves. Lower the heat and mix constantly until thick and creamy. Remove from heat and let cool.
2. Mix the flour, salt, and baking powder in a food processor. Add the butter and process until you reach a coarse meal. Add the lemon juice and just enough water to make the dough come together. Knead for 10 minutes, or until elastic and let rest, covered, in the fridge for half an hour to an hour.
3. Form 16 balls from the dough and roll out on a floured workspace until you have 13 cm circles. Spoon 2 teaspoons of filling into the center and fold over one half of the dough. Press down the seams and crimp with a fork.
4. Heat oil in a shallow pan and fry the empanadas over medium-high without crowding the pan. Using a metal spoon, baste the empanadas with the hot oil and fry until golden brown..
5. Remove empanadas and drain over paper towel. While still hot, dust with sugar. Serve immediately.





# THAT'S A WRAP

I hope this book inspired you to get out there and try cooking and eating some dumplings, new or familiar.

Happy eating!