

Vegetable Dumplings

Ingredients:

Filling:

- 2 cups green cabbage- finely chopped
- ½ teaspoon cooking salt (for wilting the cabbage)
- 8 dried shitake mushrooms
- ¾ cup firm tofu- finely diced into tiny cubes (3-4mm)
- 2 teaspoons garlic/ginger paste
- 2 spring onion- finely sliced and then minced
- 1 small finely grated Sebago potato- including juices (2 tablespoons once grated)
- 1 ½ teaspoons toasted sesame oil
- 1 tsp soy sauce (GF sub)
- ¼ teaspoon sugar
- ¼ teaspoon cooking salt (for mixture)
- 2 pinches white pepper

Wrapping and Cooking:

- 30-35 dumpling wrappers (GF sub)
- 4-5 tablespoons vegetable oil
- ½ cup water for pan when cooking

Dipping Sauce:

- ¼ cup soy sauce (GF sub)
- 1 teaspoon chilli paste

Equipment:

- Knives
- Chopping boards
- Medium bowl x2
- Measuring spoons
- Measuring cups/jug
- Large Bowl x1
- Grater
- Mixing spoon
- Small water bowl
- Damp tea towel
- Baking tray
- Baking paper
- Electric frying pan
- Small dipping bowl
- Serving plate



Vegetable Dumplings

Method:

- Collect all of the ingredients and equipment.
- Prepare cabbage - Toss cabbage with 1/2 tsp salt in a medium bowl. Set aside for 20 minutes. Then grab handfuls and squeeze out excess water as best you can. Place squeezed cabbage in a large bowl for mixing the filling in.
- Prepare Shiitake mushrooms - Soak mushrooms in a medium bowl with 1 litre of boiling water for 20 minutes. Drain and squeeze out excess liquid and finely chop into 2 mm pieces. Add to the filling bowl.

Stop after you have got your cabbage and mushrooms soaking and make your Passionfruit slice- come back to finish when slice is made and in the fridge! 😊

- Filling - Add remaining ingredients into the filling bowl, mix to combine.
- Wrap dumplings - Place a wrapper in the dumpling press. Dip your index finger in water and run it along the lower half of the wrapper (edge closest to you). Place 1 loosely-packed tablespoon of filling in the centre. Fold the wrapping over the filling, then seal flat).
- Finished dumplings - Stand dumpling upright with the seal on top, and lightly press down to flatten the base. Place on a tray lined with baking paper. Repeat for remaining dumplings. Keep completed dumplings covered with a tea towel to prevent them from drying out.
- Dipping Sauce- Mix soy sauce and chilli paste in a small dipping bowl.

COOK (PAN-FRYING + STEAMING):

- Use a large non-stick electric frying pan with a lid
- **Pan fry:** Heat 3-4 tablespoons vegetable oil over medium heat. Pan fry 15 to 20 dumplings for 2 minutes until the base is golden brown.
- **Steam:** Pour 1/2 cup water over the dumplings in the frying pan - it will steam and bubbly vigorously! Place the lid on and steam for 5 minutes or until the water in the pan has evaporated.
- **Cooked!** Remove the lid. The water should have been driven off and the wrapping should be semi-transparent (indicating it is cooked). The base should be crispy again. If not, leave the pan uncovered for a bit until the base crisps up again in the oil.
- **Serve:** Scoop the dumplings up with a spatula and place on a serving plate. Serve with dipping sauce.

Passionfruit Slice

Ingredients:

Base:

- ½ cup (170g) sweetened condensed milk (DF sub)
- 125g butter- melted (DF sub)
- 1x 250g packet of Marie biscuits (DF,EF, GF sub)
- Zest of 1 lemon
- 1 cup desiccated coconut

Icing:

- 2 cups icing sugar
- Pulp from 3 Passionfruit
- 20g butter- softened (DF sub)

Equipment:

- Slice tin
- Baking paper
- Food processor
- Small bowl
- 2 medium bowls
- Mixing spoon
- Zester
- Measuring cups
- Metal spoon
- Butter knife



Method

1. Collect all of the ingredients and equipment.
2. Line a slice tin with baking paper.
3. Place biscuits into a food processor and blitz until they are finely crushed.
4. In a small bowl, add the condensed milk and melted butter. Stir to combine.
5. Place the crushed biscuits, lemon zest and coconut into a medium bowl and mix briefly to combine.
6. Pour the milk/butter mixture into the biscuit mixture and stir to combine.
7. Pour the mixture into the slice tin and use the back of a spoon to press the mixture into the tin.
8. Prepare the icing by placing the icing sugar, passionfruit pulp and butter into a medium bowl and mix it until it is combined.
9. Pour the prepared icing over the slice base and use a butter knife to spread it evenly across the slice.
10. Place the slice into the fridge and allow to chill (1-2 hours). Enjoy!