

Vegetarian Chinese Potstickers (Dumplings)

<http://userealbutter.com/2015/10/11/vegetarian-chinese-potstickers-dumplings-recipe/>
based on *my potstickers* and *No Recipes' vegan ground meat*

dough

2 cups all-purpose flour
1/2-3/4 cup warm water
more flour for your work surface

vegetarian filling

1 lb. firm tofu in water, frozen completely (for at least 24 hours) and thawed
3 tbsps vegetable oil
5 stalks green onions, minced
1/4 cup fresh ginger, minced
2 cups napa cabbage leaves (just the green parts), shredded or chopped
2 blocks (about 5 oz.) savory baked tofu, minced
1/2 – 1 cup (about 8-16) dried shiitake mushrooms, rehydrated in hot water, stems trimmed off, minced
1/2 cup bamboo shoots, minced
3 tbsps soy sauce
2 tbsps sesame oil
2 tbsps cornstarch

Make the dough, Method 1: Place the flour in the work bowl of a food processor with the dough blade. Run the processor and pour 1/2 cup of the warm water in until incorporated (add more if the dough is too dry). Pour the contents into a sturdy bowl or onto a work surface and knead until uniform and smooth. The dough should be firm and silky to the touch and not sticky. [Note: it's better to have a moist dough and have to incorporate more flour than to have a dry and pilling dough and have to incorporate more water). Cover the dough with a damp towel for 15 minutes.

Make the dough, Method 2 (my mom's instructions): In a large bowl mix flour with 1/4 cup of water and stir until water is absorbed. Continue adding water one teaspoon at a time and mixing thoroughly until dough pulls away from sides of bowl. We want a firm dough that is barely sticky to the touch. Knead the dough about twenty strokes then cover with a damp towel for 15 minutes.

Crumble the tofu: Remove the thawed tofu from its liquid. Holding the tofu over a colander in the sink (to catch stray pieces of tofu), squeeze out as much liquid as possible by pressing the tofu between the palms of your hands. Run cold water over the tofu and then squeeze as much liquid out as possible. Continue to do this until the water squeezed out of the tofu runs clear (more or less). Break the tofu into palm-sized pieces and squeeze out as much water as you can with one hand. Crumble the squeezed out tofu pieces until they resemble ground meat.

Make the filling: Heat the vegetable oil in a large sauté pan over medium high heat. When the oil is hot, sauté the green onions and fresh ginger together. After the oil becomes fragrant, add the cabbage and stir-fry until wilted (a minute or so). Stir in the crumbled tofu and the baked tofu and sauté for 2-3 minutes. Remove the filling from the stove. Mix in the mushrooms, bamboo shoots, soy sauce, sesame oil, and cornstarch. Stir together until well mixed. Set aside.

Make dumpling wrappers: Take the dough and form a flattened dome. Cut into strips about 1 1/2 to 2 inches wide. Shape the strips into rounded long cylinders. On a floured surface, cut the strips into 3/4 inch pieces. Press palm down on each piece to form a flat circle (you can shape the corners in with your fingers). With a rolling pin, roll out a circular wrapper from each flat disc. Take care not to roll out too thin or the dumplings will break during cooking. Leave the centers slightly thicker than the edges. Place a tablespoon or two of filling in the center of each wrapper and fold the dough in half, pleating the edges along one side. Refer to the photographs [here](#). For vegetarian dumplings, it helps to fill the wrappers relatively full to maintain a nice rounded shape when cooked.

To pan fry (potstickers): Place dumplings in a frying pan with 2-3 tbsp of vegetable oil. Heat on high and fry for a few minutes until bottoms are golden. Add 1/2 cup water and cover. Cook until the water has boiled away and then uncover and reduce heat to medium or medium low. Let the dumplings cook for another 2 minutes then remove from heat and serve.

To boil (dumplings): Bring a large pot of water to a boil and add dumplings to pot. Boil the dumplings until they float.

To steam (dumplings): Place dumplings on a single layer of napa cabbage leaves or on a well-greased surface and steam for about 6 minutes.

To freeze: Assemble dumplings on a baking sheet so they are not touching. Freeze for 20-30 minutes until dumplings are no longer soft. Place in ziploc bag and freeze for up to a couple of months. Prepare per the above instructions, but allow extra time to ensure the filling is thoroughly cooked.

To serve: Serve dumplings or potstickers hot with your choice of dipping sauce combinations: soy sauce, red wine vinegar, black vinegar, sesame oil, chili garlic paste, chopped garlic, minced fresh ginger, green onions, chili oil.