



THE WINTEC COOKING CLASSES

Sunday 6 May - 11.45am-12.45pm



**Chinese Pork and prawn Dumplings,
Sichuan fried Vegetables,
Black Vinegar and Chive Glaze**

Dumpling filling

Ingredients	Method
100g Pork Mince 50g Diced prawn meat 10ml Chinese cooking wine Pinch 5 spice seasoning 15ml Light Soya sauce 5g Salt dissolved in 25ml hot water 10g Grated ginger 1 White of a spring onion, small dice 20g Leeks, Small Dice 20g Celery, Small Dice 20g Carrot, Small Dice 20ml Sesame seed oil 1 tbs Cornflour	<p>Mix Pork mince with all wet ingredients, by hand until completely incorporated. Then add the dry ingredients and mix well.</p> <p>Mix the vegetables with sesame oil. Then mix with the pork mixture.</p>

Dumpling Wrappers

Ingredients	Method
<p><u>Dough - Made for you on the day</u></p> 250g Soft flour 175ml Cold water Corn flour, to help roll out	<p>Sift the flour in a bowl and start mixing in the water slowly and knead until a smooth dough is formed. The dough should 'clean the sides' of the bowl and should stick to your fingers when you touch it.</p> <p>Allow to rest for 30 – 40 minutes.</p> <p>Roll out into cylinders about 5cm thick. Then cut into disc's about 2cm thick. Roll the discs out to form circles of dough, 15cm in diameter. Place enough filling to spread out evenly on each disc (about a 3 tablespoons) and roll up to form an even 'tube'. Place on greaseproof paper ready to steam in a bamboo basket.</p>

Sichuan fried Vegetables with a Chive and Black Vinegar Glaze

Ingredients	Method
15ml Hoisin Sauce 15ml Chinese black vinegar 15ml light soya sauce 25ml chicken stock 1 tablespoon Sherry 1 tablespoon Honey ¼ Tsp Crushed Sichuan pepper 1 Tsp minced fresh garlic and ginger 1 Head Bok Choy 10g Bamboo shoots, sliced. 5g Cashew nuts ½ red chilli – sliced thinly 2 teaspoon of cornflour with 1 tablespoon Water	<p>In fry pan heat sesame oil over medium heat. Add garlic and ginger, and cook until softened, about 2 minutes. Add vegetables and sauté until vegetables are crisp-tender, about 2 minutes.</p> <p>Add water chestnuts, and cook, stirring frequently, until snow peas are crisp-tender, about 2 minutes.</p> <p>Add hoisin mixture, bring to a boil and cook for about 1 minute. Stir in cornflour mixture, bring to a boil and boil until sauce is lightly thickened.</p>

