

# CHINESE NEW YEAR RECIPE

## Why do we make dumplings to celebrate Chinese New Year?

In Chinese, the word dumplings sounds like “jiao zi”. “Jiao” means “exchange” and “zi” means midnight. Together, jiao zi is the exchange between the old and new year which is traditionally, when dumplings are cooked. By eating dumplings, you are farewelling the old year and welcoming the new. Here’s what you need to do...

### INGREDIENTS

0.5 kg minced pork  
1 1/2 cups celery (heart), minced  
4 spring onions, thinly sliced or minced  
1 1/2 tablespoons ginger, minced  
2 teaspoons garlic, minced  
2 teaspoons cornstarch  
2 tablespoons soy sauce  
1/2 teaspoon pepper  
1 packet of circular gyoza wrappers (you can buy these at a Chinese supermarket)

Remember, safety first when cooking. Make sure you have an adult with you when cooking dumplings – knives are sharp and boiling water is extremely HOT!

### UTENSILS NEEDED

Sauce pan  
Large spoon for stirring and serving  
Small spoon for placing mixture in wrappers  
Small vegetable knife  
Measuring spoons – teaspoon and tablespoon

### PROCEDURE

1. Spoon 1 tablespoon of the filling onto the centre of each round.
2. 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. Make sure to seal the wrapper tight!
3. Boiling water with sauce pan
4. Add dumplings one by one into boiling water
5. When dumplings start floating to the surface, continue boiling about 1 minute
6. Dumplings will be ready when they filled with air and swollen
7. Transfer to a plate immediately

### DUMPLINGS CAN BE SERVED WITH

**Option 1:** Chinese black vinegar + a few ginger slices

**Option 2:** 1 tablespoon Chinese black vinegar + 1 teaspoon light soy sauce + 1/2 teaspoon sesame oil

**Option 3:** Chinese black vinegar + a few drops fresh chilli oil

