

BYO DUMPLING MAKING CLASS PREP SHEET

Make sure to have the following prepared prior to class!

1. Finely chop the onion
2. Mince your 3 cloves of garlic
3. Mince 2 tbsp (30mL) of ginger
4. **Rehydrate your mushrooms by soaking them in hot water for 30 minutes, chop mushrooms finely once they have hydrated**
5. Finely chop any other additional vegetables
6. Remove any optional proteins from fridge and leave raw. If necessary, chop proteins. **If not using ground protein, a food processor is highly recommended to finely chop ingredients for best result.*



**PLEASE KEEP INGREDIENTS IN THE FRIDGE UNTIL YOUR EVENT,
AND HAVE THE ABOVE READY PRIOR TO THE START OF THE CLASS!**



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Required Ingredients:

- 2 cups (250g) all-purpose flour
- $\frac{2}{3}$ C (125 mL) warm water
- $\frac{1}{2}$ lb (250 g) protein of your choice (pork, shrimp, vegan protein substitute)
- $\frac{3}{4}$ C (175 mL) mushrooms (*fresh or dried, if dried be sure to soak in water*)
- 1 cup (240 g) of onion
- 3 cloves of minced garlic
- 2 tablespoons (30 g) of minced ginger
- 2 tablespoons (30g) of soy sauce
- Salt
- Pepper
- Cooking oil
- 1 tsp (3g) Cornstarch

Required Materials:

- 1 large bowl
- 1 small bowl
- A rolling pin (or bottle of wine!)
- Chef's knife
- Cutting board
- Sauté pan
- Chopsticks
- Parchment paper

Optional Ingredients:

- 1 C (90g) finely chopped cabbage
- $\frac{1}{2}$ C (45g) finely chopped carrot
- $\frac{1}{2}$ C (45g) finely chopped water chestnuts
- 2 tsp (10g) sesame oil
- Sriracha



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