

# CONSCIOUS COOKING

In this hands-on cooking workshop, we'll be starting from the basics of making dumpling wrappers from scratch with a few simple folds as well as some "fancier" folds. like the bok choy fold; 3 ways of cooking them up. and ways to use up any leftover ingredients.

I've tried to make the recipes as flexible as possible, using any ingredients you have at home. Let me know if you have any questions for subs. Please let me know if you're going to try a [gluten-free](#) option, as the process is slightly different and you won't be able to do any pleats or 'fancy' folds.

## **TOOLS**

Mixing bowl

A small food processor or a sharp knife and cutting board

Frying pan and wooden spoon

Measuring cup or scale

Measuring spoons

Kettle or pot to boil water

Rolling pin or a bottle

Teaspoon

Tongs or chopsticks

Baking tray lined with parchment paper (that fits in your freezer)

Clean dish cloth

TO FRY: Frying pan with a tight fitting lid, oil and water

TO STEAM: Steamer basket, saucepan, lid and water

TO BOIL: A large pot and water

\*If you don't have a food processor, you can easily (and patiently) finely chop the filling ingredients with a sharp knife. You might want to prep this before our class starts.

## **BEFORE WE BEGIN**

For timing purposes, have the following ingredients measured out and set yourself up with a good counter space where you can also sit down. We will be making everything together, but if you plan on making several colors of dough, then it might be helpful to make a couple colors in advance (see method below).

## **FOR THE FILLING**

2 teaspoons vegetable oil (choice of sunflower, safflower, rapeseed/grapeseed)

1 cup (70g) leafy greens (choice of spinach, chard, beet greens, cabbage, kale, or bok choy)

1 cup (130g) other fillings (choice of butternut squash, carrots, mushrooms, or tofu)

1-2 tablespoons aromatics (choice of chives, fresh ginger, garlic, scallion, onions)

1-2 tablespoons soy sauce, or tamari

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ONE BATCH WHITE DOUGH (approx 21 dumplings)

1 1/2 (190 g) cups all-purpose flour

1/2 teaspoon salt

1/2 cup (120 ml) just-boiled water\*\*

FOR COLORFUL DOUGH (the above recipe, but divided into thirds)

A) Substitute the boiled water with \*\*fresh-pressed juices (carrot juice, beetroot juice), brought to a boil, or blue butterfly pea flower tea

B) Add 1 tsp turmeric (yellow), spirulina powder (green). No worries if you don't have these at the moment, it's to show different ways to make colors.

Divide the above wrapper recipe into thirds to make 3 colors:

<u>RED</u>	<u>YELLOW</u>	<u>GREEN</u>
1/2 cup (65 g) flour	1/2 cup (65 g) flour	1/2 cup (65 g) flour
1/8 tsp salt	1/8 tsp salt	1/8 tsp salt
2 1/2 - 3 Tbsp fresh beet juice (or a few slices of fresh beet boiled in 1/4 cup of water. Cover and simmer for 15 minutes)	2 1/2 - 3 Tbsp hot water	2 1/2 - 3 Tbsp hot water
1 tsp oil	1 tsp oil	1 tsp oil
	3/4 tsp turmeric powder	3/4 tsp spirulina powder

TO MAKE THE DOUGH:

In a large bowl, mix the flour, and salt together. Add any colored powder, if using. Whilst stirring this mixture continuously with chopsticks or a spatula, gradually pour in the hot water (or juice). Keep stirring until the flour begins to clump together in little clusters. Then add the oil and knead these clusters together until a large ball of dough forms. Turn it out onto a clean work surface and knead for 10 minutes, or until the dough becomes smooth and elastic (like Play Doh). If it's sticky and too wet, add another tablespoon or two of flour. If it's too dry, add another tablespoon of hot water or oil. Cover the dough with a clean, damp dish cloth and set aside for 20 minutes.