

Shanghai Soup Dumplings

Ingredients

- 1 Bacon Slice (finely chopped)
- 2 Green Onions
- 1 1/3 c Chicken Broth
- 1 1/2 t Gelatin (half packet)
- 1 c Bread Flour (130 grams)
- 1/2 c Flour (60 grams)
- 7 T Water (boiled)
- 1 1/2 t Vegetable Oil
- 1 T Rice Wine
- 1 1/2 t Sesame Oil
- 1 t Soy Sauce
- 1 1/2 t Sugar
- 1/2 t Salt
- 1/8 t White Pepper
- 8 oz Ground Pork
- 1 Ginger (2-inch piece, peeled)

Instructions

1. Cut 3 slices of ginger. Smash each piece with the flat side of your knife. Chop one green onion into 2-inch lengths and crush each piece with the side of your knife. In a small pot add broth, bacon, green onion, and ginger and bring to a boil on medium heat. Cook, uncovered, for about eight minutes, or until the stock has reduced by half (2/3 cup). Strain the soup and set aside to cool for 15 minutes.
2. Return the stock to the saucepan and sprinkle in the gelatin. Let it sit for 5 minutes then mix. Heat over medium-high heat, stirring the soup until the gelatin dissolves. Bring the stock to a boil and turn off the heat. Pour into a 8x8 inch baking pan. Refrigerate at least 40 minutes until set. Peel it from the pan and finely chop into

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small cubes.

3. Combine the two flours in the food processor.

Combine the boiled water and vegetable oil in a measuring cup. With the food processor running, add the water-and-oil mixture to the flour through the feed tube. The result will be a soft, warm dough. If the dough is too dry, add water by the half-teaspoon to soften. Gather the dough into a ball and transfer it to a very lightly floured work surface. Knead it for about two minutes. The dough should be smooth and a little bit elastic. Press a finger into the dough, it should bounce back moderately quickly and leave a shallow indentation. Place the dough in a ziplock bag and seal, pushing out all excess air. Let the dough rest at room temperature for an hour before using.

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You can refrigerate the dough overnight as long as you bring it back to room temperature before moving forward.

4. Grate the remaining ginger into a medium mixing bowl. Chop one green onion and place in the same bowl. To the bowl add rice wine, sesame oil, soy sauce, sugar, salt, and white pepper. Mix until incorporated then add in the pork and mix again. Set aside for 15 minutes then mix in the gelled soup until well blended and firm.

5. Line steamer tray with parchment paper. Remove the dough and place on a very lightly floured surface, gently shape the dough into a ball. Cut the ball in half. Put half of it back in the plastic bag and seal well. Roll the other half into a 12 inch log. Cut the dough into 12 equal

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pieces, and roll them into balls. Dust the balls with flour to prevent any sticking.

6. Shape each ball into a 3 1/4-inch round wrapper. Keep a 1-inch belly in the center. Thin out the outer rim of each wrapper. Test the wrapper by holding it up to the light, if you can see the shadow of your fingers through the edges, the wrapper is ready.

7. For each dumpling, take a wrapper and hold it in your slightly cupped hand. Scoop a tablespoon of filling, position it in the center, and press down gently. Use both sets of index fingers and thumbs to pleat and pinch the rim of the dough together to form a closed satchel. Make sure to pinch and twist the dough at the end to completely close your dumpling. Place finished dumpling in a

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steamer tray, sealed side up, about 1 inch apart.

When you use a metal steamer tray, keep the dumplings at least an inch away from the edge.

8. Start to boil the water in the steamer. Repeat the same steps with the remaining dough. Keep the finished dumplings covered with plastic wrap as you make the rest. Steam each batch of dumplings over boiling water for 6–8 minutes. When the dumplings are done, they will puff up slightly and become translucent.

9. Serve immediately with ginger, black vinegar, and soy sauce dip.