

Kids' Cooking Camp #3 — Dumplings and Ravioli

On Thursday we're going to learn how to make dumplings!! There are all kinds of dumplings in cuisines around the world, but today we're going to make jiaozi (a popular variety of Chinese dumpling, pronounced "jow-zee"), which can be filled with various ground meats, shrimp, veggies, even scrambled egg or tofu, pinched closed in different ways and steamed or simmered in soup—I'll show you how to cook them as potstickers (you'll need a parent's help for this!), and you can always freeze yours for later!

While we're at it, I'll show you how you can turn wonton or dumpling wrappers, which are similar to pasta, into ravioli and other pasta shapes. You can go through your fridge and use what you like—I like filling pasta with ricotta, grated Parmesan and leftover roasted squash or wilted greens, but you can use your imagination!

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Jan 6, 2022 10:00 AM + 2 PM MT

Join Zoom Meeting: <https://us02web.zoom.us/j/88488434057?pwd=ejBzYVRlcWxBVzdsRk9EeUhIMS9jQT09>

Jiaozi

If you like, you can fill your dumplings with crumbled tofu or scrambled egg, or try sautéed mushrooms and chopped napa cabbage in place of the ground meat. (Beyond works well as a vegetarian/vegan option too!) It's easier to fill your dumplings if your filling has a bit of moisture so it sticks together, which is why ground meats work so well.

1 lb ground pork, chicken or turkey or Beyond ground
2-3 green onions, finely chopped
1-3 tsp finely grated ginger
2-4 Tbsp soy sauce
1-2 Tbsp sesame oil
1 pkg dumpling or wonton wrappers (thawed if frozen)

Dipping sauce (you don't need to be exact!):

3 Tbsp soy sauce
2 Tbsp rice vinegar
1 tsp brown sugar or honey
1 tsp finely grated ginger
pinch red chili flakes or a squirt of Sriracha

a bit of finely chopped green onion or a chive or two

In a medium bowl, combine the ground meat, onions, ginger, soy sauce and sesame oil, stirring until the mixture has a pasty consistency. Some like to do this ahead of time, and allow the meat to marinate for a few hours, or even overnight.

When you're ready to assemble your dumplings, get a small dish of water, dip your finger in and run it around the edge of each dumpling wrapper as you fill them. Drop a heaping teaspoon of filling in the middle and fold over to seal, crimping the edge and shaping it however you like. (Make sure you press out any air pockets in the process, or they may float if you boil them.) Place on a baking sheet as you fill, sitting them upright if you plan to cook them as potstickers. (The dumplings can be frozen at this point, then transferred to a freezer bag to cook later.)

To boil your dumplings, lower them into gently boiling water and cook until they float to the surface, then continue to cook for another minute, until the dough is tender and the filling feels firm. (They can also be simmered in soup in this way.) To steam, set the dumplings on a square of parchment in a bamboo or other steamer and cook over simmering water until the dough looks more transparent, is tender and the filling is cooked through. For potstickers, heat a generous drizzle of canola or other vegetable oil in a heavy skillet set over medium-high heat, sit the dumplings close together in the oil, and cook until they turn deep golden on the bottom. Pour about 1/3 cup water into the pan, cover and cook for about 5 more minutes to allow them to cook through. Remove the lid and let any excess moisture cook off before serving.

Stir together the ingredients for the dipping sauce (or shake them up in a jar) and serve with your dumplings, for dipping.

Ravioli with Roasted Winter Squash + Ricotta

You don't really need a recipe for this, just some wonton or dumpling wrappers and something to fill them with.

ricotta

grated Parmesan cheese

roasted winter squash or sautéed spinach or chard

salt and freshly ground pepper

wonton or other dumpling wrappers (thawed if frozen)

tomato sauce, pesto or butter, for serving

Put some ricotta into a bowl and grate in some Parmesan cheese — I add about half as much Parmesan as there is ricotta — and if you like, stir in some mashed roasted squash or some spinach or chard that you've chopped or torn and sautéed in a hot pan with a bit of oil or butter or ghee and a clove of garlic until it wilts. (Other leftover cooked veggies would work well in your filling, too.) Season it with salt and pepper.

To assemble the ravioli, place a small spoonful of filling in the middle of a wonton or dumpling wrapper, dip your finger in water and run it along two edges, then fold over and press to seal, squeezing out any air bubbles (which will make them float in the water as they cook). To make a kind of tortellini shape, put a spoonful on one wonton square, fold it over into a triangle, and then take the two bottom points and join them together with a bit of water, as if they were holding hands. If you like, freeze your ravioli or tortellini in a single layer on a baking sheet, then transfer to freezer bags.

To cook, drop into boiling water without crowding the pot, and cook for about 2 minutes, until they float to the surface and the edges are tender.

For brown buttered ravioli, heat a large chunk of butter in a skillet and cook, swirling the pan, until it turns golden and smells nutty. Drain the ravioli and drizzle with butter, or toss them in the butter in the skillet before serving.

Makes as many as you like.