

Pomfret Recreation sponsors a cooking class!

# Make your own Chinese Dumplings



Saturday, December 3rd at 10:30 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person      Instructor: Ms. Tina Kelly



Chinese Dumplings can be made as an appetizer that serves a crowd. We will make the pan seared and steamed variety as it's very convenient to eat as finger friendly food!

We will use green onions, cabbage, ginger, ground pork, sesame oil, rice wine and dumpling wrappers, etc. to make these tasty tidbits.

**MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS**

Chinese Dumplings on 12/3/16. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: Barbara.Gagnon@pomfretct.gov

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Emergency Phone # or Cell # \_\_\_\_\_

**Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain \_\_\_\_\_**

\$10.00 paid on ck. # - \_\_\_\_\_ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

## Pork and cabbage

### Ingredients:

12 ounces napa cabbage leaves, roughly chopped (or regular cabbage)

1 teaspoon kosher salt (or 1/2 teaspoon table salt)

1 teaspoon grated fresh ginger (use microplane grater)

1/4 cup minced Chinese chives or green onions (white and green parts)

2/3 pound ground pork

1/8 teaspoon ground white pepper (or freshly ground black pepper)

1 1/2 tablespoons soy sauce

1 tablespoon Chinese rice wine (or dry sherry)

2 teaspoons sesame oil

1 package frozen round dumpling wrappers (gyoza/potsticker wrappers), defrosted at room temperature for 30 minutes

for the slurry: 1 tablespoon cornstarch + 1/2 cup water

<http://thewoksoflife.com/2015/09/vegetable-dumplings/>

## Vegetable dumplings

3 tablespoons oil, plus ¼ cup

1 tablespoon minced ginger

1 large onion, chopped

2 cups shiitake mushrooms, chopped

1 1/2 cups cabbage, finely shredded

1 1/2 cups carrot, finely shredded

1 cup garlic chives (Chinese chives), finely chopped

1/2 teaspoon white pepper

2 teaspoons sesame oil

3 tablespoons Shaoxing wine or dry sherry

2 tablespoons soy sauce

1 teaspoon sugar

salt, to taste