

Sweet Pork Fried Dumplings

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Servings: 12

Yield: 60 dumplings

1 package (12 ounce) all natural round wraps (Nasoya brand)

1 egg, beaten

1 pound pork sausage, uncooked or very lightly browned

2 cups savoy or napa cabbage, finely chopped

1 1/2 tablespoons fresh grated ginger

3 cloves garlic, minced

2 tablespoons low sodium soy sauce

1 tablespoon mirin

1/2 teaspoon sesame oil

3 green onions, sliced 1/4 inch wide

vegetable oil

2/3 cup low sodium soy sauce

1/8 teaspoon sesame oil

Preparation Time: 40 minutes

In a medium bowl, combine the beaten egg, ground pork, cabbage, ginger, garlic, two tablespoons of soy sauce, one tablespoon mirin and 1/2 teaspoon of sesame oil. Mix well.

Place the mixture in the refrigerator for 30 minutes.

When working with the wraps, cover non-stuffed and stuffed wraps with cold wet paper towels to keep them from drying out.

Holding the wrapper in one hand, dip the index finger on your free hand in cold water. Moisten one-half of the wrap with that finger making a 180 degree circle around the edge of the wrap that is furthest from you. Now place a rounded teaspoonful of the meat mixture in the middle. Fold over gently and seal one end to the other, pressing the wrap together to close tightly. Repeat until the meat mixture is gone, placing them on a lightly greased cookie sheet and covering with moistened paper towels.

Add two tablespoons of vegetable oil to a large skillet over medium heat. Add a batch of about ten dumplings to the skillet and cook until browned on one side, approximately 2 to 3 minutes. Add two-thirds cup of water to the skillet. Cover and cook for 3 minutes. Uncover the pan. Flip the dumplings and cook until the water is gone and the other side of the dumpling has browned, approximately, 3 to 5 minutes.

In a small bowl, mix 2/3 cup of soy sauce, 1/3 cup of mirin, and 1/8 teaspoon of sesame oil to serve with the dumplings. Sprinkle several tablespoons of chopped green onion on the sauce.

Sprinkle the remaining green onions on the dumplings right before serving.

**** *You can also steam these dumplings in a bamboo steamer or metal steamer for 12 to 15 minutes.*

**** *Adding a little bit of sesame oil (1/2 teaspoon) to the skillet after the water cooks away helps to brown the other side of the dumpling and it gives them a fantastic flavor.*

**** *Mirin (sweetened sake) and sesame oil can be found in the Asian food section of your grocery store.*

**** *If you can not find mirin, you can substitute one teaspoon of sugar mixed with one tablespoon of sherry.*

Per Serving (excluding unknown items): 178 Calories; 16g Fat (80.7% calories from fat); 6g Protein; 3g Carbohydrate; trace Dietary Fiber; 43mg Cholesterol; 887mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.