

Summary of Cooking Homemade Dumplings Technique



Hello ~~ Dumplings lover~~

In general, you can make one type of dough with plain flour, which suits any dumplings cooking method. It is better to mix the plain flour with warm water.

However if you want the texture of the dough to taste better for different cooking methods, then you better make the dough in different ways. Depending on the method with which you're cooking your dumplings, the recipe for the dough varies.

First, let me first introduce you to the basic three different types of flour:

- **High-gluten flour** contains about 11.5% to 14% protein, and the water absorption is around 62 % to 66%.
- **All-purpose flour/plain flour** contains about 9.5 to 11.5% protein, and the water absorption is around 50% to 55%.
- **Cake flour/low protein flour** contains 6.5 % to 9.5% protein, and the water absorption is around 48% to 52%.

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Basic ingredients for the dough:

- Water
- Flour
- Salt

Preparing the dough

For boiled dumplings: Cold water dough

It is one of the most traditional ways of eating dumplings together with family in China.

In this case you mix the flour with cold water (i.r. water under 30 degrees) . The texture of the dumplings will be more energetic.

It might be better to use the high gluten flour. The dough for boiled dumplings is also rolled thicker, to endure the boiling cooking process.

For pan-fried dumplings and steamed dumplings: Hot water dough

It is better to use just cooked water (around 60-100 degree) or warm water (around 30-50 degree).

Why hot water?

Hot water denatures the proteins in flour. The gluten is destroyed, so the texture of the dough is very tender and without resilience. The starch of the flour absorbs a lot of water and swells into a paste, breaking down the monosaccharide and disaccharide. Kneading will not create resilience either.

In general: Warm water dough

Because the water temperature is higher than cold water, it can accelerate the diffusion process of water molecules, which restricts the formation of gluten thickness, and the water absorption of starch has increased. The elasticity of this dough is lower than cold water dough. So the texture of the dumpling is soft and energetic.

Kneading the dough

- knead for 6 to 8 minutes until smooth
- Roll the dough to a round ball, cover it up and set aside to rest for 15 minutes.
- Then re-knead the dough for 2-3 minutes until hardened and smoother.
- Continue to let the dough rest for 0.5 hour or longer time.

Why do I need to let the dough rest?

A prolonged resting time makes the dough softer and easier to handle, while the wrappers will be less elastic. You can make wrappers right away if you don't want to wait too long, however the texture of the dough will be less tasty.

Making the wrappers

Basically what you want to have in the end are wrappers that are thinner around the edges and slightly thicker in the centre. You put the filling in the middle of the wrapper, so the centre of the wrapper will be thicker.

Cook the dumplings

Steamed Dumplings:

Lining a steamer basket with parchment and steam for about 6 -10 minutes if the dumplings are freshly made, 15-20 minutes if frozen.

Freshly wrapped dumplings:

Are best steamed with hot water, you can use cold water to steam it as well. The point is to use boiled water to steam the dumplings, because it can cook faster. Moreover, the dumplings will shrink when you take them out from the steamer, so that the dumplings will be tastier.

Frozen dumplings:

It is best to use cold water, because you need to let the steam that's created when slowly boiling the water defrost the dumplings first, otherwise the wrapper will be cooked too long. This will make them too soft (they could break), but the frozen filling inside will still be uncooked.

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Pan-fried Dumplings:

Heat up the oil in a frying pan. When the oil is shimmering, put the dumplings in. Cook until the bottoms have turned to a brown and golden colour. Pour a cup of water into the pan till covering (or a bit higher) all the bottoms of the dumplings. Then cover the pan with its lid, and reduce heat to low. Cook for 5-6 minutes if fresh, 10-15 minutes if frozen.

Boiled Dumplings:

Use a large pot of water to a boil and add the dumplings. Stir a bit so they won't stick together. You will see that some Chinese will keep adding cold water three times after the water boils at the first stage of the cooking process.

Why add cold water 3 times?

- The first time to add cold water is to prevent the dumpling soup from overflowing and to cool down.
- The second time to add cold water is to keep the dumpling soup fresh and prevent the dumplings from peeling and sticking to the pan.
- The third addition of cold water is mainly to make the dumplings become more vigorous and chewy during the expansion and contraction, so the taste of the cooked dumplings is better.

Tips

- In order to prevent the dumpling from breaking during the cooking process, you can add a pinch of salt into the water before you put the dumplings in.
- When you boil frozen dumplings and dumplings with meat filling, it would be better to add water three times after the first boiling process has begun (see the section on boiled dumplings).
- (Cook meat dumplings) If you are lazy, and you've got fresh dumplings, you can just lower the heat after the water is boiling, and let it cook for 15 mins.
- Frozen dumplings must be boiled in cold water, while fresh dumplings are boiled in boiling water, because frozen dumplings need to be thawed while the cold water is slowly heated.
- If you make vegetarian dumplings, after the water is boiling, the dumplings are floating, and then cook them for 3-5 minutes, until the dumpling skins become slightly transparent. Then you can take it out.
- The dough can be stored in the refrigerator if it is not used up. It can be kept in the refrigerator for 1-2 days. If it is not used for a long time, it can be placed in the freezer. You can just use up the leftovers next time.

Freeze the dumplings: If you're not cooking the dumplings right away, freeze the dumplings on the baking sheet. Make sure none of the dumplings touch each other or they will stick together. Once frozen solid, portion the dumplings into freezer containers and freeze for up to three months.

Cooking follow your heart~~

Enjoy your Dumplings*_*

慢慢享用饺子

