

ASIAN DUMPLINGS

Ingredients to Know



Egg Roll Wrappers

Probably the most common wrapper you'll find in the grocery store. These wide sheets are made from flour, water, salt, and (sometimes) egg. To make dumpling wrappers for our shu mai, we cut egg roll wrappers into 3-inch rounds using a biscuit cutter, making two rounds from each wrapper. Each round holds 1 heaping tablespoon of filling.



Square or Round Wonton Skins

These wrappers work well and are more convenient for shu mai, but they're often harder to find. They are also made from flour, water, eggs, and salt. They're slightly larger than our cut egg roll wrappers, but they don't require trimming. If you can find them, use them. They're thin-skinned and delicate, which makes them great for shu mai but a little more challenging for potstickers.



Gyoza Wrappers

Gyoza wrappers are thicker than egg roll or wonton wrappers. They're egg free but still contain gluten. These rounds work well for sturdier dumplings like potstickers, but they have a resilient chew that just doesn't work in delicate shu mai.

Technique

Shaping Shu Mai

Wrapper type: Trimmed Egg roll wrappers or wonton skins



1. Pinch 2 opposing sides of wrapper with your fingers. Rotate dumpling 90 degrees and repeat pinching. Continue until you have 8 equidistant pinches.



2. Gather up sides of dumpling and squeeze gently to create "waist."



3. Hold dumpling in your hand and gently but firmly pack down filling with butter knife.

Shaping Potstickers

Wrapper type: Gyoza wrappers are best; wonton skins are acceptable but slightly less sturdy



1. After moistening edge of wrapper, fold it in half over filling to make half-moon shape.



2. With forefinger and thumb, pinch dumpling closed, pressing out any air pockets.



3. Place dumpling on its side and press gently to flatten bottom.