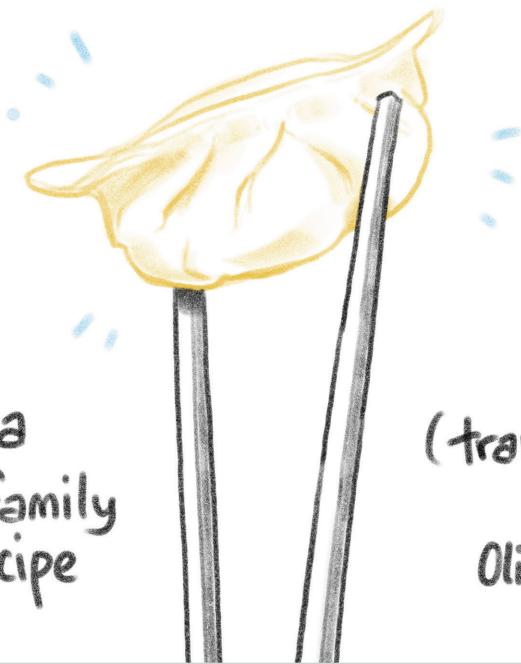


Making 饺子!

jiǎo zi

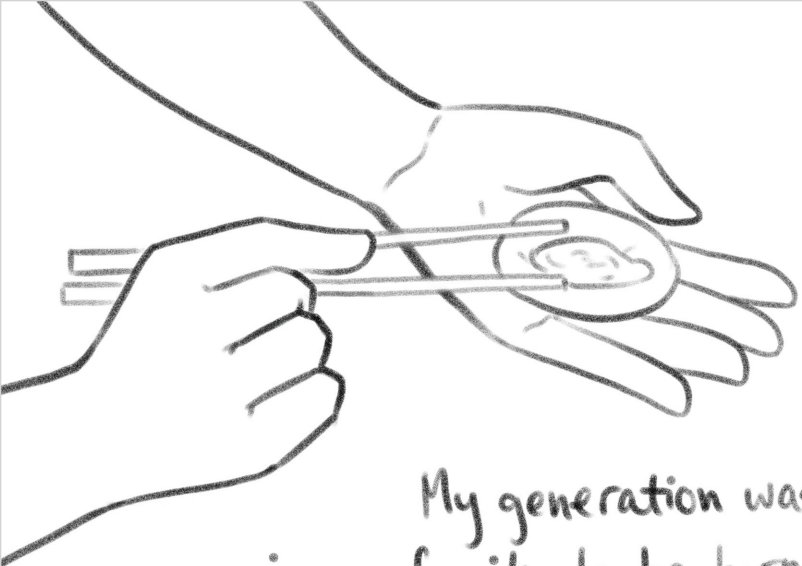


a
Li family
recipe

(transcribed
by
Olivia Li)

This is that immigrant story
you keep hearing:





My generation was the first
in our family to be born in the US,
and we all grew up very "Americanized."
Culture, language, attitude — there's a lot
that diasporic children forget.

But food can be an easy access point
to those who came before us;

they feed us,

they teach us how
to feed ourselves,

we learn how
to feed others.



So maybe I'll never be
fluent in Mandarin,
but at least I can make

李家饺子,
(Li family dumplings)

and I can share
them with you:

5 cups
all-purpose flour
+
2 cups water
=
dough!



(it will be sticky!)

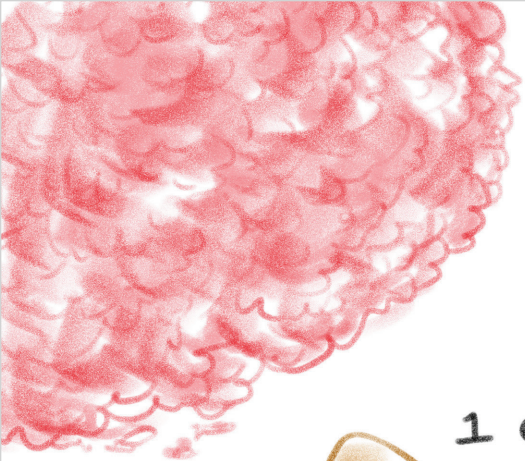
cover for
~20 min



and while you wait...

a basic filling!



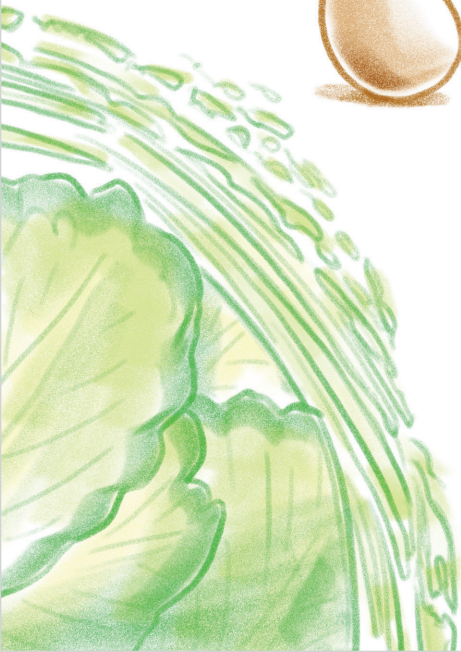


2 lb ground pork

pinch of salt

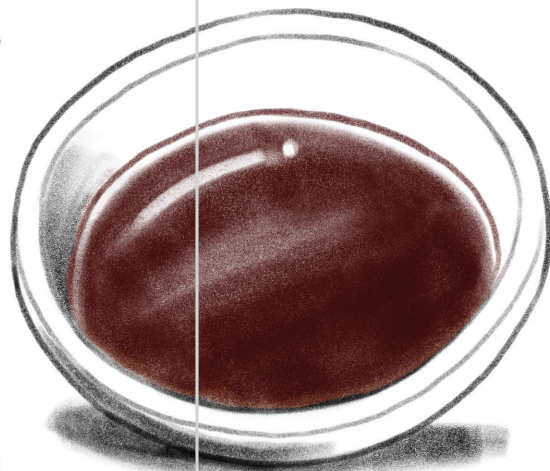
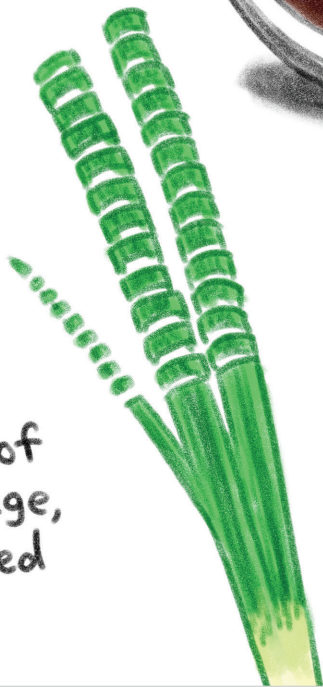


1 egg



~ 3/4 head of
napa cabbage,
finely minced

finely
chopped
scallions

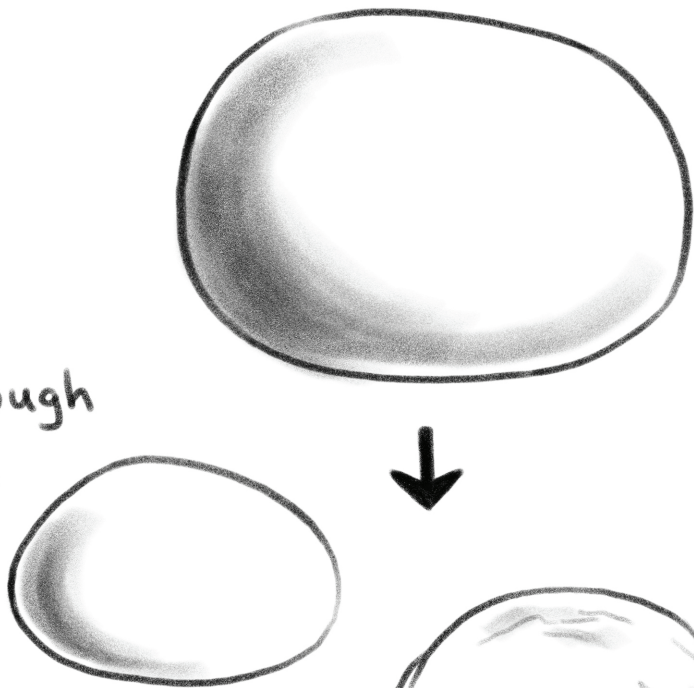


splashes of:

- soy sauce
- sesame oil
- zhenjiang vinegar
- shaoxing cooking wine

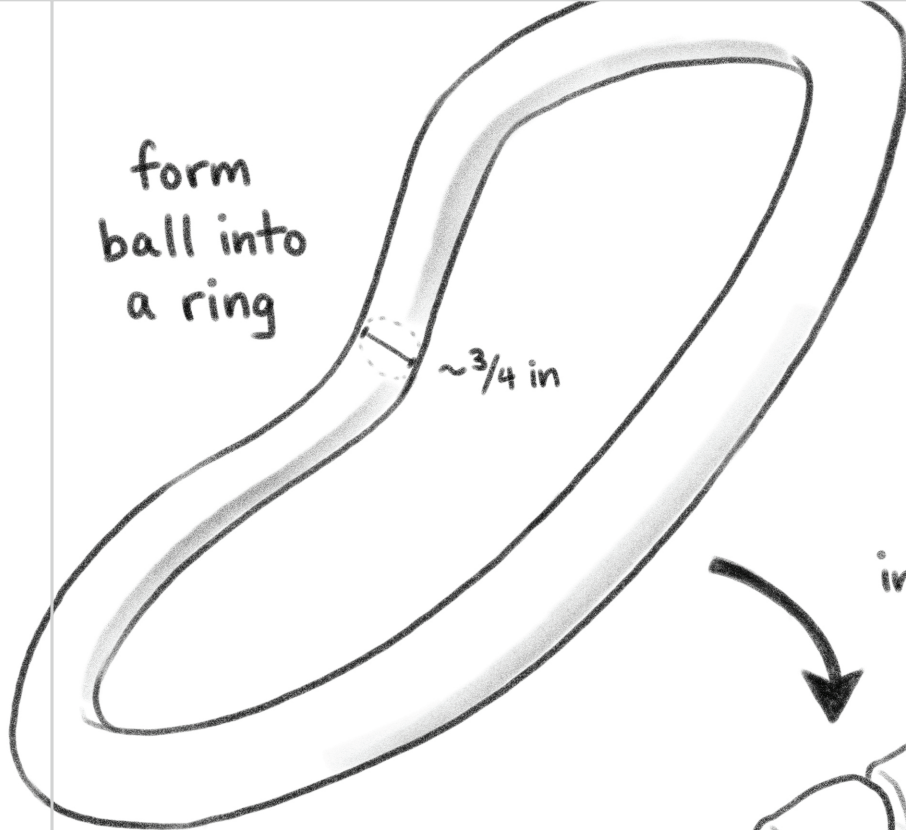
*stir vigorously,
for longer than you
think you need!

split dough
in half,

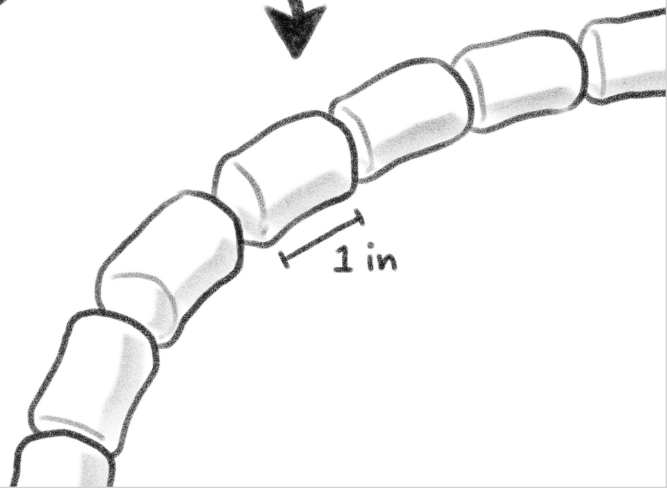


cover one half
in plastic wrap

form
ball into
a ring



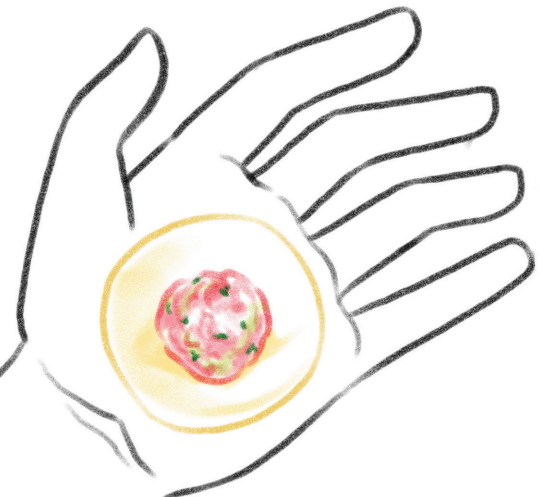
divide
into pieces





flatten and roll
each piece out thin

scoop of filling
at the center, then...



the basic fold!



①

fold in half,
pinch closed
at center



②

pull edge
towards center,
pinch down



③

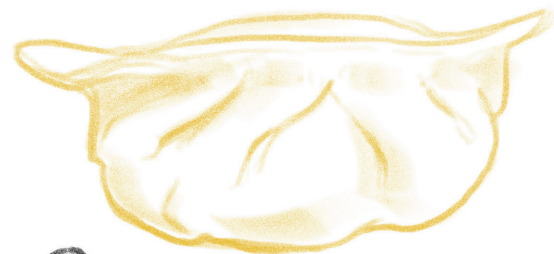
repeat

* don't worry if they
look ugly at first,
they still taste good!



④

pinch end
closed



⑤

repeat on
other side

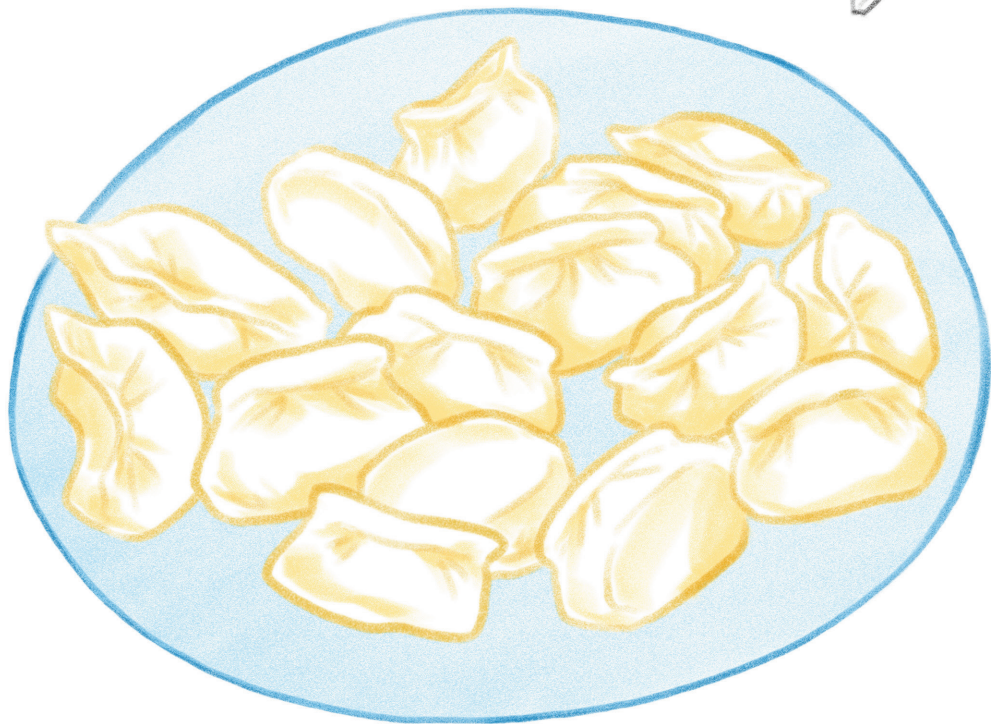
~30 dumplings
in a big pot
of boiling water



let it come back
to a boil,
then 2 min
before removing



EAT! WHILE! HOT!



 & family!
2019