

SHUMAI DUMPLINGS

DIM SUM AT HOME!! Larger Versions of the Bite Sized Steamed Dumplings Served At Asian Restaurants

One of my absolute favorite appetizers from Chinese restaurants are the meat filled, steamed dumplings you normally only get while they are serving 'Dim Sum'. Mine are larger, leaner and are still packed with a ton of flavor. Though most people are used to a Chinese filling of ground pork mixed with minced shrimp... I'm using a Japanese style filling, which is ground pork without shrimp. I'm doing a riff on the Japanese style, but using ground turkey instead of ground pork.

Servings Info.:

Yield: 22 dumplings

Servings: 22

Serving Size: 1 dumpling



- last checked 12/09/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat Mixture:

- 1 lb extra lean ground turkey
- 1/4 tsp baking soda, dissolved with 1 tsp water
- 2 tsp chicken flavored granules (such as Knorr brand)
- 1 tsp fish sauce
- 2 tsp reduced sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce, optional, for coloring the meat
- 1 garlic clove, crushed and minced
- 1/2 tsp ginger, minced
- 1/2 tsp coarse ground black pepper
- 1/2 cup onion, finely diced/minced
- 2 Tbsp green onion, finely chopped

Additional Ingredients:

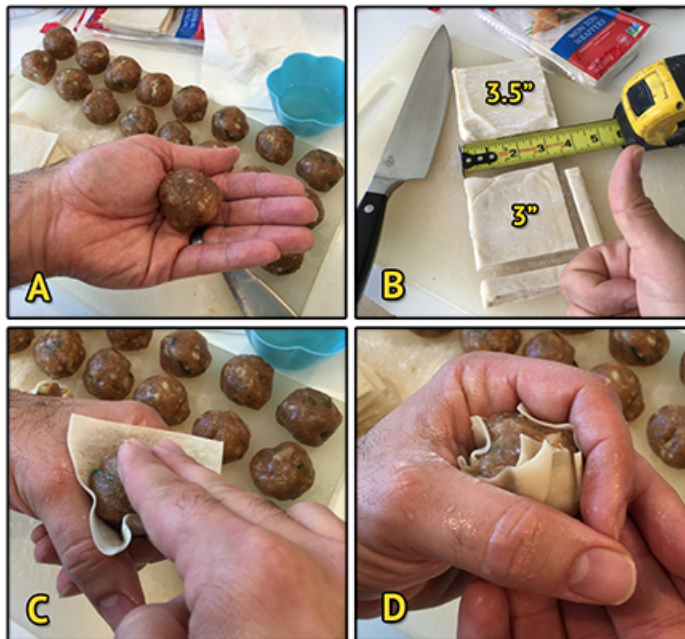
- 22 wonton wrappers, square shaped, any brand. The ones I purchased were 3-1/2 inch square sheets. They can be found wherever they sell the refrigerated 'Asian' groceries, like tofu, at your local grocery store. (see notes for points) I used 'Twin Dragon' brand wonton wrappers.

SPECIAL EQUIPMENT:

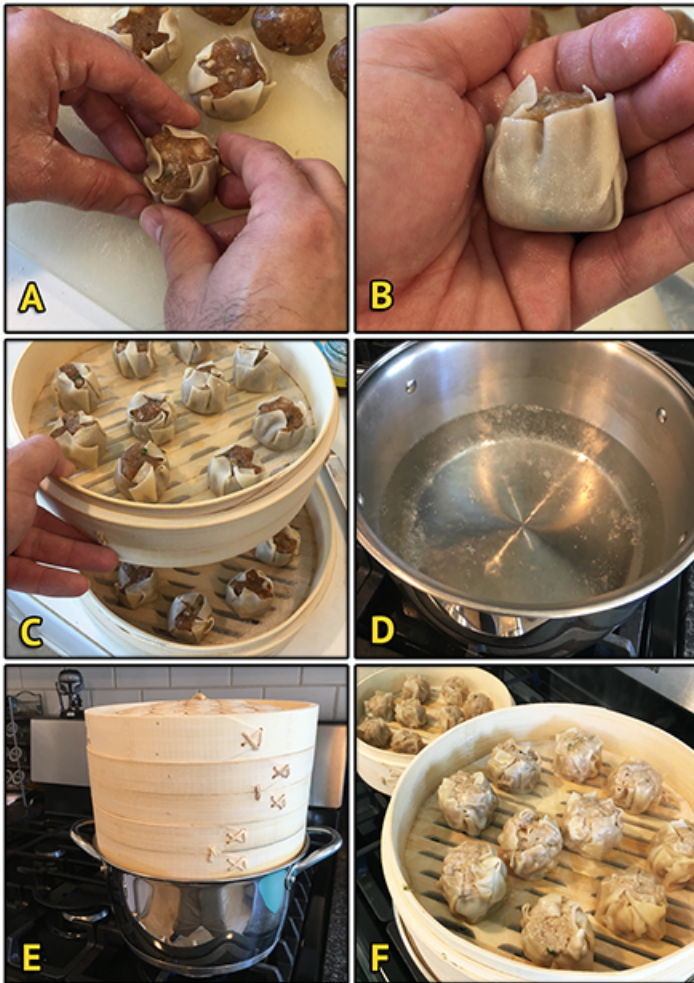
- You will need either an Asian bamboo steamer, like I'm using in this recipe... or you can use any standard metal pot, with steamer inserts. A small countertop rice cooker with a steamer insert won't work well for this.
- Parchment paper

Directions:

1. Mix all of the meat/filling ingredients together. The mix will be (it's supposed to be) a bit sticky/wet/tacky. Rinse your hands with water while mixing it, to make it easy to handle. Set aside in the fridge for 30 minutes.



2. (A) Use measuring spoons to scoop out 1-1/2 Tbsp portions of meat. Roll each into a ball, set aside. (B) Remove the store bought square shaped wonton wrappers from the packaging. Slice them down to be 3 inches, squared, rather than the original 3-1/2 inches. (C) Touch your thumb and index fingertips together, making an "O". Place one of the 3 inch square wrappers over the 'hole', then push a meatball down into it. (D) Open the 'hole' up a little wider, pushing the meat and wrapper further down. Rotate it around in your palm, shaping it to be more tall than rounded, with flat sides.



NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is these are meant to be appetizers, not big, baseball sized dumplings. I'm trimming them down to 3 inches squared, because that's the standard size of smaller Japanese style dumplings. Another plus, it saves points... see the next note.
- **WONTON POINTS:** This recipe makes 22 dumplings. If I were to just build the recipe using 22 wrappers... that'd be 12 points, for the 22 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch sheets, we're trimming them down to 3 inches. So, I trimmed them, weighed the 3 inch wrappers in grams and looked up how many points they were, in grams, using the Weight Watchers mobile app's listing. It dropped them down from 14 points to 12 points (141 grams). Points may vary, depending on brand. Scan and check your points.
- **CHINESE FILLING:** Typical Chinese-style filling for Shumai is a 50/50 mixture of ground pork and chopped up/minced raw shrimp. You can definitely use a similar filling here by simply replacing 1/2 of the ground turkey with 1/2 pound shrimp. Boom, done.
- **DUMPLING POINTS:** You can have 2 of these dumplings for 1 total point. 4 dumplings for 2 points, 6 dumplings for 3 points, etc, etc, etc.
- **STEAMER BASKET:** You don't have to use a bamboo steamer basket like I did. You can use any large metal pot, with steamer inserts. Though, I still recommend using parchment paper. If you do want a bamboo steamer, get a 10 inch, 2 tiered one. I got mine for \$22 on Amazon.

3. (A) Your dumplings are almost there... but, they have rounded bottoms. Press the dumplings down onto your work surface, to flatten the bottoms. (B) Your finished dumplings should look similar to mine. A little taller than they are wide, fairly straight side-walls... and with a nice, firm, flat tushy. (C) Place parchment paper down into your steamer o' choice, making sure to poke some holes into the paper, so steam can travel up into the top basket. Place the dumplings onto the parchment paper, set aside. (D) Bring some water to a rolling boil in a large pot. (E) Place your steamer basket, covered (obviously), over the boiling water. (F) Steam the dumplings for 8-10 minutes. If you steam them too long, the meat will be very firm. They'll still be tasty.... but the meat won't have a soft texture.

4. There are a lot of different ways to garnish these babies. Typical Japanese presentation would have you pressing a pea into the top center of the dumplings, right before you steam them. Chinese dumplings might be topped with very finely diced, nearly minced carrot. Look up 'Shumai Dumplings' in a google image search, you'll see a wide range of toppings and presentations. I opted for the super simple garnish of sprinkling thinly sliced green onion on top of mine.

FUN FACT:

For the folks wondering how these compare with the little Trader Joe's cilantro dumplings. Those are 4 for 1 point. 4 of those little dumplings weigh 36 grams.... ONE of my dumplings weighs 37 grams. These are appetizers, those are cute lil iddy biddy baby dumplings. Though, those lil guys are great in soups.

