

# STEAMED VEGETABLE DUMPLINGS

*A great way to use summer veggies that are in season...add your favorites!*



- 1/2 pound firm tofu
- 1/2 cup coarsely grated carrots
- 1/2 cup shredded Napa cabbage
- 2 tablespoons finely chopped red pepper
- 2 tablespoons finely chopped scallions
- 2 teaspoons finely minced fresh ginger
- 1 tablespoon chopped cilantro leaves
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 2 teaspoons sesame oil
- 1 egg, lightly beaten
- salt and pepper

Bowl of water, plus additional water for steamer

35 to 40 small wonton wrappers

Non-stick vegetable spray

- Cut the tofu into 1/4-inch cubes and place in a large mixing bowl. Add the carrots, cabbage, red pepper, scallions, ginger, cilantro, soy sauce, hoisin, sesame oil, egg, salt, and pepper. Lightly stir to combine.
- To form the dumplings, remove 1 wonton wrapper from the package, covering the others with a damp cloth. Brush the edges of the wrapper lightly with water. Place a rounded 1/2 teaspoon of the tofu mixture in the center of the wrapper. Shape as desired, pressing edges together to seal. Set aside and cover with a damp cloth. Repeat procedure until the filling is gone.
- In wok or fry pan, bring 1/2-inch of water to a simmer over medium heat. Lightly spray the surface of a bamboo steamer with the non-stick vegetable spray to prevent sticking. Place as many dumplings as will fit into a steamer, without touching each other. Cover and steam for 10 to 12 minutes over medium heat.
- Remove the dumplings from the steamer.
- Serve with soy dipping sauce: 1 cup soy sauce, 1/4 cup Mirin, dash black vinegar