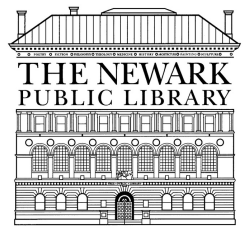




Dumpling Filling: Tofu or Meat

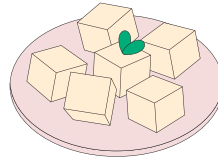


Time: 25 minutes Serves: 4

Ingredients:



- 3 tablespoons hoisin sauce
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons canola oil — or grapeseed oil
- 1 packages firm or extra-firm tofu — (12- to 14-ounces), do not use silken
 - OR 1 pound ground chicken, pork, or beef
- 8 ounces baby bella cremini mushrooms — finely chopped
- 1 can water chestnuts — (8 ounces), drained and finely chopped
- 2-4 cloves garlic — minced
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon red pepper flakes — omit if sensitive to spice
- 4 green onions — thinly sliced, divided
- 2 carrots, grated and a handful of thinly sliced greens (spinach, tat soi)
- Small bunch of cilantro, chopped



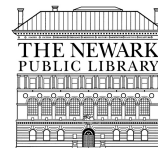
Directions:

1. First, if using tofu: Drain it. Press the tofu between paper towels/clean kitchen towel to squeeze out as much liquid as possible. Let sit, draining with something heavy on top, for 15-30 minutes.
2. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
3. Heat the 2 teaspoons canola oil in a large nonstick skillet over medium-high. Once the oil is hot, crumble in the tofu (or meat), breaking it into very small pieces as it cooks.
4. Continue cooking for 5 minutes, then add the diced mushrooms, carrots and leafy greens. Continue cooking until any remaining tofu liquid cooks off and the tofu starts to turn golden, about 3 minutes more. If using meat, cook until meat is cooked all the way through, with no pink.
5. Stir in the water chestnuts, garlic, ginger, red pepper flakes, and half of the green onions and cook until fragrant, about 30 seconds more.
6. Pour the sauce over the top and stir to coat. Cook just until you hear bubbling and the sauce is warmed through, 30 to 60 seconds. Fold in the cilantro and remaining green onions.
7. Spoon the tofu mixture into dumpling wrappers (see flip side for dumpling wrapping instructions).
8. Alternatively, serve in lettuce leaves (like Boston lettuce) or serve with rice.

Spotlight on:

Lunar New Year

Did you know?



The Lunar New Year—which is also called Spring Festival—marks the first full moon of the lunar calendar and generally takes place between January 21 and February 20. The dates of the New Year change every year on the Gregorian calendar, which is a solar calendar. However, the Lunar New Year is based on a lunisolar calendar that matches the cycles of the moon.



Traditional China was largely an agrarian society. The Lunar New Year took place after farmers harvested crops and before they had to plant new ones, so the holiday represents a time of rest. The public holiday is one week long and is a time for starting fresh and anew. Many traditions are associated with the new year, including a large reunion dinner with one's family. The holiday week closes with lantern festivals all over the world!



Basic Dumpling Dough



Ingredients:

3/4 cup to 1 cup of water
2 cups all-purpose flour

Pinch of salt
1 teaspoon sesame oil
or vegetable oil



Recipe Yield:

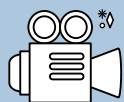
24 large or 32 medium dumplings



Directions:

1. Bring the water to a boil. Remove from the heat and allow to sit for 1 minute.
2. Place the flour in a large bowl and make a well in the center. Pour 3/4 cup hot water and the oil into the well and stir with a spoon until well incorporated with the flour. Add more water by the teaspoon (as needed) to make the dough come together. There will be small lumpy pieces but the dough should not be sticky.
3. Gently bring the warm dough together in the bowl by kneading the pieces until you get a large mass
4. Take the dough out of the bowl and onto a work surface. Knead into a uniform, soft, smooth mass; 2 to 3 minutes. It should bounce back slowly when you press your finger into it, leaving a shallow impression of your finger.
5. Wrap the dough in plastic wrap or place in a resealable plastic bag. Allow the dough to rest for at least 15 minutes and up to 3 hours at room temperature. At this point you can make your wrappers or refrigerate your dough for up to 2 days. Before using, allow your dough to warm to room temperature, as it will be easier to manipulate.
6. To make wrappers, roll the dough until it is 1/8-inch thick. Cut into rounds using a 4-inch round cutter. Use immediately.

WATCH OUR VIDEO TO MAKE DUMPLING ALONG WITH US!



1. Search "Greater Newark Conservancy" on YouTube or Facebook
2. Look for the video labeled "Lunar New Year Dumpling Making"



Free, Virtual Beds & Breakfast Conference is 2/18-2/21!

This year's theme is: Planting seeds of change: gardening as a path towards empowerment and justice
Visit citybloom.org for the schedule and to register



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