

# **SIMPLIFIED GUIDE TO DUMPLING COOKBOOK**

**FOR NOVICES AND DUMMIES**



**LAYLA WOOD**

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## INTRODUCTION

Dumplings are a dish brought over to the United States from Asia. They have become a staple in many different cultures and cuisines across the world. In America, you can enjoy dumplings at restaurants or even get the ingredients to make yourself at home. Most dumplings are specially made in a perfect size to fit in your mouth in one bite. Under no circumstance should you cut your dumpling with a fork or knife to eat it in multiple bites. Doing this will cause the flavors packaged inside to fall out.

This is especially true for soup dumplings, which have juices inside the outer layer of dough. This dumpling style is meant to be eaten in one bite so you can enjoy the juicy filling. Chop-sticks are the best utensil to use, so the dough is not punctured.

Dumpling is a very vague term to describe about five to 10 different tasty snacks (or meals!) in China. There are specific Chinese names for all the different kinds of dumplings, so be sure to learn them so you can try them all!

We often associate dumplings with Asian cuisines; however, many other countries have created their own form. Almost every country in the world has a type of dumpling in several different shapes, sizes, and flavors. The variation of dumplings across countries is so extreme that you may not even realize they are all considered a form of dumpling. You can find different kinds in Chinese, Indian, American, Italian, Korean, and many more!

## CHAPTER ONE

### What Is a Dumpling?

A dumpling is a small mass of soft dough that is boiled, fried, or steamed. Sometimes the dough is rolled out to encase a filling, other times it's formed into a mound and cooked as is. The definition allows for a lot of variety, so there's bound to be disagreement over what is or isn't a proper dumpling. In China, the birthplace of the dumpling, there are so many different types of dumplings that there isn't just one word to describe them all.

### Who Invented Dumplings?

Let's start with who invented dumplings, since this is where the story of the dumpling begins. Most experts believe that dumplings were invented by Zhang Zhongjing, a Chinese medicine practitioner who lived in the Eastern Han Dynasty, the second imperial dynasty of China that lasted from 206 BC to 220 AD.

As legend tells it, it was a difficult winter and many were experiencing ill effects from the cold. To help people warm up, Zhongjing took mutton, herbs, and chilis and wrapped them in dough, then steamed them to bind everything together and keep them warm. These steaming, pillow-like treats helped people overcome the cold weather, while the herbs that Zhongjing put inside worked to improve blood circulation and prevent frostbite.

## The History of Dumplings

While the history of dumplings is often accepted as having started with Zhang Zhongjing, the general idea of dumplings as we know them today followed quite an interesting and varied trajectory.

Because you can find dumpling variations in nearly every culture—Italian raviolis and Brazilian empanadas are just two of the offshoots of the traditional Chinese dumpling—the history of the dumpling has many different starting points, even if their official invention was during the Han Dynasty. Recipes for dumplings appear in later years in ancient Roman texts, with the very first dumpling recipe itself found in Apicius, a Roman cookbook.

While dumplings appeared in many forms for many centuries during ancient times, it wasn't until the 17th century that they finally got their name. The first use of the term “dumpling” can be found in an English text from 1600, where it was noted that the word was perhaps of German origin. And while Zhongjing may have created dumplings in the first place to help people survive brutal winters, other cultures created dumplings for other reasons, such as to help extend the life of meat and to make use of surplus grains.

What this history of the dumpling tells us about their meaning is that some foods span the length of space and time. Many different cultures invented their own dumplings, and many of those dumplings look quite different than what Zhongjing first created, such as gnocchi and matzo balls. And by understanding this unique history, we understand more about how food has

functioned in general throughout the human experience—both as a practicality and as medicine for the mind, body, and soul.

There is simply no food that's better than the dumpling for illuminating this important point and showing us that for all of our differences, food is one of the primary unifying factors that binds us together.

## Different Styles

When it comes to dumplings, you can eat them in many different ways. Here are the three major ways that people cook dumplings:

steamed ( 蒸的 – zhēng de)

boiled ( 煮的 – zhǔ de)

fried ( 炸的 – zhà de)

Beyond the cooking method, there are also a few different types of dumplings out there. You've probably heard of wonton soup ( 馄饨 – hún tún), right? How about the famous xiao long bao ( 小笼包 – xiǎo lóng bāo) soupy dumplings from Shanghai? Of course, we can't forget the delectable dim sum ( 点心 – diǎn xīn) of Cantonese cuisine. However you cook them or prepare them, they're absolutely delicious.

## Common Fillings

There are so many options when it comes to filling dumplings, the possibilities are endless! Here are some of the most common fillings that you'll find in a plate of dumplings:

pork ( 猪肉 – zhū ròu)

beef ( 牛肉 – niú ròu)

lamb ( 羊肉 – yáng ròu)

chicken ( 鸡肉 – jī ròu)

shrimp ( 虾 – xiā)

egg ( 鸡蛋 – jī dàn)

green onion ( 大葱 – dà cōng)

cabbage ( 白菜 – bái cài)

mushroom ( 香菇 – xiāng gū)

leeks ( 韭菜 – jiǔ cài)

celery ( 芹菜 – qín cài)

carrot ( 胡萝卜 – hú luó bo)

tomato ( 西红柿 – xī hóng shì)

It's typical to have two fillings in the dumplings – a meat, fish, or egg plus a vegetable. Here are some of the most common combinations you'll see in restaurants or the supermarket:

pork and green onions ( 猪肉大葱 – zhū ròu dà cōng)

leeks and egg ( 韭菜鸡蛋 – jiǔ cài jī dàn)

beef and carrot ( 牛肉胡萝卜 – niú ròu hú luó bo)

## Condiments

Just as Americans like to put mayo and mustard on a sandwich or burger, Chinese people usually have a few condiments to dip the dumplings in. Here are the typical condiments you'll pair your dumplings with:

soy sauce ( 酱油 – jiàng yóu)

garlic ( 大蒜 – dà suàn)

vinegar ( 醋 – cù)

chili ( 辣椒 – là jiāo)

If you ask me, the best thing to do is mix them all up in a small dish and then just dump the mix all over your plate of dumplings.

## The Best Style of Dough for Dumplings

The most basic type of dumpling dough is simply made of wheat flour and water, but of course there isn't one way to make dumpling dough:

Type of flour. Buckwheat, millet, and tapioca can all be made into dough for dumplings.

Vegetable-based. The starch component of dumplings can be supplemented (or supplanted) by vegetables such as potato, sweet potato, or squash.

Bread-based. Dumplings such as German knödel are made with leftover bread.

Fat and dairy. Adding eggs, cream, butter, or cheese tends to produce a richer, more tender dumpling dough.

## Dumplings in Regional Cuisine: 13 Dumplings from Asia

The most recognizable type of Chinese dumpling is probably jiao zi, a northern Chinese variety usually served with a vinegar-based dipping sauce that goes by three different names, depending on how it's prepared. Shui jiao ("water dumplings") are boiled. They're usually pleated and crescent shaped and filled with ground pork and napa cabbage. Shui jiao are especially popular during Chinese New Year. Guo tie, aka jian jiao or pot stickers, are pan-fried dumplings. (Guo means "wok" and tie means "stuck.") They're often filled with ground pork and Chinese chives and sometimes shaped like long cylinders with both ends open. Zheng jiao are steamed. Their thin, translucent wrappers are often filled with shrimp.

Chinese har gow are dim sum staples made of steamed shrimp dumplings with thin, transparent skin that often contains tapioca for extra stretch. Gow is Cantonese for jiao.

Chinese shu mai are another steamed dim sum favorite. They're filled with pork and shrimp and feature an open top sometimes garnished with crab roe.

Chinese hun dun, aka wontons, are a type of square boiled dumpling made with egg dough and served in Cantonese noodle soup. They're often filled with pork and bok choy.

Chinese xiao long bao are the most famous variety of soup dumpling. They're stuffed with pork and broth and hail from Shanghai. Soup dumplings are typically large and spherical and filled with cubes of gelatinous broth that's solid at room temperature but melts into liquid when steamed.

Japanese gyoza are often filled with pork and cabbage and pan-fried (yaki gyoza) and served as an appetizer at ramen and izakaya restaurants with a side of soy sauce-vinegar dipping sauce.

Korean mandu can be shaped like Italian tortellini or Chinese jiao zi, and boiled (mul mandu), steamed (jjin mandu), or pan-fried (gun mandu), and can be filled with a variety of minced pork, tofu, vegetables, and—of course—

kimchi. Mandu are eaten in soup on New Year's Day.

Central Asian manti are stuffed with ground lamb or beef, onion, and parsley; boiled or steamed; topped with tomato sauce and/or garlic-yogurt sauce; and drizzled with chili oil.

Central Asian and Middle Eastern joshpara (aka chuchvara or shishbarak) are typically stuffed with ground meat and boiled in soup or cooked in yogurt sauce.

Malai kofta are vegetarian Indian dumplings made a mixture of mashed potatoes, vegetables, and paneer, formed into balls, and served in a spicy gravy made with chili, garam masala, garlic, ginger, ground turmeric, cashews, tomatoes, and fresh cilantro.

Indian modak are sweet dumplings made with rice flour and filled with coconut and unrefined cane sugar.

Nepalese and Tibetan momo are usually spherical and crimped at the top, like a soup dumpling. They have thicker wrappers and are stuffed with meat and served with tomato or chili dipping sauce.

Vietnamese bánh bột lọc have translucent, tapioca-based wrappers and are filled with pork belly and shrimp, then boiled (bánh bột lọc trần) or steamed in banana leaves (bánh bột lọc lá).

## Dumplings in Regional Cuisine: 8 Dumplings from Europe and Russia

Ukrainian varenyky are thick-skinned wheat-based dumplings that are boiled (the word means “to boil”) and sometimes pan-fried. They can be stuffed with meat, mashed potato, cheese, or fruit and are often served with sour cream and caramelized onions, similar to Polish pierogi and Russian pelmeni.

Polish kluski leniwe are made of cheese-based dough, similar to Italian gnudi. Kopytka are potato dumplings similar to Italian gnocchi. There are many types of kluski including a wheat-based variety dropped irregularly into boiling water, just like German spätzle and Slovakian halušky.

Polish uszka are small dumplings stuffed with meat or mushrooms that float in a clear borscht for Christmas Eve. It means “little ears” but looks more like tortellini than orecchiette, which means "little ears" in Italian.

Georgian khinkali are round, pleated at top, filled with spiced beef and pork, and served with black pepper. Pick up by the knot at the top and eat like a Chinese soup dumpling, discarding the chewy dough top.

Hungarian nockerl are filled with grated cheese.

German knödel are made with day-old bread. They're known as brezelknödel when made from pretzels and kartoffelknoedel when made with potato.

Kreplach, filled with ground beef (sometimes shredded beef) and served in soup at Rosh Hashanah and Purim, may have come to Germany from Venice.

Italy is home to many dumplings, including the stuffed variety—ravioli, tortellini, agnolotti, and carmelle—and unstuffed gnocchi and gnudi.

## Dumplings in Regional Cuisine: 4 Dumplings from Africa and the Americas

South African souskluitjies are made from self-raising flour, egg, milk and served in sweet cinnamon syrup.

South African dombolo and Botswanan madombi are made of cake flour and cooked directly on top of the stew they're served with.

American chicken and dumplings are lumpy all-purpose flour biscuits cooked directly on top of chicken stew.

Matzo balls are made from crushed flatbread and served in chicken soup during Jewish Passover seder. It's probably related to German knödel.

## Can You Make Gluten-Free Dumplings?

Most dumplings are made from wheat-based flour, but there are dumpling varieties that are always gluten-free, such as Indian modak (made with rice flour) and Vietnamese bánh bôt loc (made with tapioca flour). Eastern European buckwheat flour-based dumplings are also gluten free.

## What Do You Eat With Dumplings?

Stuffed dumplings are a meal unto themselves—a perfect packet of savory filling enclosed in a starchy wrapper—but the unstuffed kind are typically served with a hearty soup, stew, or sauce. Eastern European dumplings are often drizzled with butter, whereas Asian dumplings usually get dunked into an acidic, umami-rich dipping sauce.

## How Do You Store Dumplings?

Since most dumplings are formed into neat packages before boiling or steaming, they're great candidates for making ahead of time and freezing on cornstarch- or flour-dusted baking sheets. Once your dumplings are fully frozen, transfer them from the baking sheet to freezer bags or plastic wrap, and then boil or steam as usual, adding a couple minutes to the cook time to account for the colder starting temperature.

## Types Of Dumplings

There are many variations of how to create dumplings as well as each style of dumpling having their own purpose preferred method of eating. Below is a list of common dumplings styles that you may come across in your everyday life as well as what you could learn at our traveling dumpling classes.

### Shui Jiao Dumplings

These type of dumplings are water-boiled and can be found almost anywhere within Asia. A traditional style dumpling that can be filled with everything from chicken to beef, leeks, lamb, and more. With this being a popular dumpling in Asian cuisine, we make sure that it is one of the featured dumplings to make for our dumpling making school that travels in and around Cambridge and Boston, MA.

### Xiao Long Bao Dumplings

Xiao Long Bao dumplings originate from Shanghai and have a cute look to them as they look perfectly sculpted to keep the contents inside. This type of dumpling can be primarily seen at dim sum restaurants where you will find an abundance of different fillings. Their primary filling is soup-filled pork that makes for the perfect solution for a cold rainy day as they will warm you right up!

### Guo Tie Dumplings

Guo tie dumplings have become a staple in American restaurants trying to diversify their appetizer menus. You will typically find guo tie dumplings named as pot stickers. These pan-fried dough dumplings are typically filled with ground meat and vegetables and with soy sauce on the side for dipping, you have a great snack to hold you over until dinner.

### Wonton Dumplings

Wonton dumplings are delicious dumplings that are commonly found in the

popular soup, wonton soup. In addition to finding these dumplings in soups, you will also find them served a deep friend, in chili oil, or in a clear broth. Like with any type of dumplings you can stuff them with essentially anything you desire, but wonton dumplings are typically filled with ground pork and shrimp, whole shrimp or shrimp paste.

## Mandu Dumplings

Mandu dumplings originate from Korea and can be served in a variety of ways ranging from steamed, boiled, pan-fried, or deep-fried. With fillings such as ground pork or beef served with a side of kimchi, these delicious dumplings are a great Korean dish to fill you right up! Do you like to turn up the heat on your meals? Pair Mandu dumplings with a mildly spicy sauce for the ultimate taste bud experience.

## Gyoza Dumplings

Similar to guo tie dumplings, gyoza dumplings are pan-fried potsticker type dumplings that were introduced to Japan during World War II. Filled with pork or a seafood filling, these dumplings are great for dipping in soy sauce for a warm and delicious snack.

## Banh Bot Loc Dumplings

Known as the perfect appetizer to any meal, the Bahn bot loc dumplings are a Vietnamese staple dumpling. These dumplings are typically filled with shrimp and pork belly while being wrapped in tapioca and served with sweet chili fish sauce for an incredible taste combination. The thing to remember with dumplings is that they need to be eaten fresh as they do not have a long shelf life.

## How to Make Chinese Dumplings

Chinese dumplings have made a big appearance in restaurants throughout the United States. Believe it or not, the little pockets of delicious flavor are actually not hard to make yourself at home. Dumpling night can be a fun activity to share with friends and family over good conversation. We are going to walk you through the steps to making your own version of Chinese dumplings. Just gather the ingredients and keep on reading!!

## Make the Dough

You can buy premade dumpling wraps from a market, or you can make your own dough. The dough used for Chinese dumplings is typically made with a

combination of flour, salt, and water. Once the mixture is smooth, use your hands to kneed the dough ball and then let rest. Cut up the dough and use a rolling pin to make flat circles in the size of your choosing. It is best to make the circles no bigger than 3 inches in diameter so you do not have excess dough when folding.

### Make the Filling

The filling is what gives the dumplings that delicious, savory flavor we all love. Chinese dumplings can be made with ground pork, chicken, beef, or vegetables. Other ingredients include soy sauce, salt, cabbage, carrots, ginger, and other seasonings. Add your favorite ingredients and mix it all together! The next step is to add small spoonfuls of the filling to the dough circles created in the previous step.

### Fold it up!

Folding the dumplings is an art form and can be done using several different techniques. Before you begin, dust your surface with cornstarch or flour to ensure the dumplings do not stick. Use a brush or your fingers to wet the edges of each dough wrapper. With your fingers, pinch the edges together to create your preferred shape. Pinch at the top to make a ball-shaped dumpling, or fold one side over to make a half-moon.

### Cook The Dumplings

Chinese dumplings can be made in a few different ways. They can be boiled or steamed for softer dumplings or pan-fried to make them slightly crispy.

### Unique Ways To Use Dumplings

When it comes to dumplings, most of the time they are considered their own stand-alone dish. While this is true for the most part, dumplings are versatile treats that can be incorporated into other types of foods. With our dumpling classes, Chef Patty will teach you the proper ways to make delicious dumplings of your own. With your newly acquired dumpling making skills, you can start to incorporate dumplings into different types of food items of your choosing. Below are four different food items that you can enhance with dumplings.

### Soups, Stews, & Gravies

Soups and stews are comforting light meals to warm you up during cold weather or when you are sick. The only thing that may be a drawback to

eating soups and stews is their lightness in texture in substance as most of it is the broth. To add heartiness to these meals, add homemade dumplings to enhance the overall flavors. What is great about dumplings is that they are very versatile in the sense that they can take on any flavor profile. This is a perfect combination as your dumplings will take on the flavor of any soup or stew you have. If you are looking to add a new layer of flavor and texture to your gravy, dumplings are a great choice. As mentioned above, the dumplings can take on the flavor of your gravy while giving people an added layer of substance within the gravy that you put on any meal of your choosing.

## Pasta

Dumplings do not only need to be used in oriental themed foods or soups but also with Italian dishes. Dumplings are essentially a type of ravioli so any pasta dish that includes ravioli, you can substitute for dumplings. You can stuff your dumplings with your choice of stuffing such as mushrooms, sweet potatoes, cheese, pumpkin, meat, etc. Throw a spin on your traditional Italian dishes by substituting amazing dumplings!

## Pot Stickers

When people think of dumplings, the most common food they are associated with is potstickers. Potstickers are dishes with a focus on dumplings with sauces on top. Generally, in most chain restaurants, you will have dumplings with soy sauce as their pot sticker dish. With making homemade potstickers the opportunities are endless on how you can have your pot stickers to come out to be. The great thing about making homemade dumplings is that you can pick the dough, ingredients, and choose how they are cooked to your perfection. In addition to choosing what the dumplings will be filled with, you can experiment with different sauces until you find the combination you have been craving. From vegan potstickers to teriyaki pot stickers, your potential combinations are endless.

## Desserts

While dumplings are traditionally a savory food item, they can be used for special custom dessert options. These scrumptious pockets are perfect for sweet fruits, nuts, or sweetened rice. However, you don't have to stop there with the fillings! You can incorporate any type of cake stuffing, icing, and so much more. What makes dessert dumplings great is that they don't just have

to be consumed after dinner. Depending on the type of dumplings you make, you can have them for a morning meal or afternoon snack on top of them being consumed as a sweet dessert. From apple dumpling cinnamon rolls to golden syrup dumplings, your taste buds will be in sweet heaven!

## Bao Buns

### What are Bao Buns?

Bao buns are a delicacy throughout many parts of Asia. Bao is traditionally a white dough stuffed with a filling of choice and steamed to perfection. These buns can range in size and filling based on the region. Typical fillings include a mix of tender pork, beef, chicken, and vegetables. You can now find bao buns throughout the world slightly altered to fit the culture of the location. Let's dive into the history of these delectable morsels.

### Origin of Bao Buns

Bao originated in Northern China and dated back to the Three Kingdoms period in the third century. Some argue that evidence of these buns can be traced back as far as 400 BC. There is a more extensive story about how Zhuge Liang created bao as a military strategy.

The original bao bun was a fist-sized ball created using flour, yeast, sugar, baking powder, milk, and oil. The buns were pinched together on top and steamed to form a soft, sweet dough ball filled with meat.

### Bao Throughout Asia

This delicacy spread quickly throughout Asia, changing slightly from region to region.

**Hong Kong:** These bao buns were changed from wheat to rice flour. The climate difference in this area created a more suitable environment for growing rice. The common filling for the buns found in Hong Kong was sweet barbeque pork.

**Taiwan:** Taiwanese bao became a popular fast food item for a quick meal on the go. This version of bao was larger than traditional Chinese bao and typically filled with crab, beef, or sweet potato.

**Shanghai:** The hugely popular soup dumplings we see throughout the US today were created in Shanghai. These dough balls are carefully crafted with a gelatine filling that turns into a delicious soup when steamed. The

traditional way to enjoy these is to tear the dough, drink the soup, and then finish the dumpling.

## Bao in America

Today, you can find versions of bao buns throughout the entire world. Bao made a massive splash in the United States, and restaurants dedicated to this Chinese delicacy became popular.

## The Difference Between Jiaozi and Bao Buns

When it comes to Asian cuisine, almost nothing beats traditional dumplings. And luckily for fans of the savory-filled dough, there are several varieties to be found. Two of the most popular versions are jiaozi and bao buns, two very distinct plays on the bite-size food. Not sure which is which? Keep reading to learn more about the differences between jiaozi and bao.

## Jiaozi

Jiaozi is the traditional Chinese treat that most people think of when they hear the word “dumpling.” It is a crescent-shaped parcel of dough that contains a hot, savory filling usually made from meat and/or vegetables. Usually, the jiaozi are steamed, using a unique steaming system, though occasionally you will find them pan-fried. This is more common to Japanese cuisine, however.

To make jiaozi, a quick dough is made of flour and water. There is no leavening agent, so the dough will not rise. Instead, when steamed, the dough becomes tender and slightly chewy. Alternatively, pre-made dumpling skins are often available in the frozen section of international or Asian markets.

Once the dough is mixed, it can be divided into individual portions. This is done simply by dividing the ball of dough in half, then half again, and so on. The skins are then rolled flat with a rolling pin and should have a center that is slightly thicker than the edges so that it doesn't fall apart in the middle during cooking.

Then, the filling is placed in the center of the dough. The filling can be made of anything, but the most traditional versions of Chinese jiaozi contain ground pork with Napa cabbage and scallions, leeks with egg and mushrooms, and shrimp with pork and garlic chives.

Whether pan-fried or steamed, jiaozi is a delicious snack that is easy to make and even freezes well for future use.

## Bao Buns

Bao buns, or baozi, are very similar to jiaozi in concept but provide a different eating experience. The primary difference between baozi and jiaozi is that baozi uses a leavened dough. Unlike the simple water and flour mixture for jiaozi, bao dough is made from flour, soy or dairy milk, sugar, and yeast. After allowing the dough to rise, the dough can be portioned and filled with the exact same fillings as you would use for jiaozi.

Baozi are also exclusively steamed – you won't typically find pan-fried versions. When the dough is steamed, it becomes soft, fluffy, and slightly chewy. They're also much bigger than jiaozi; one or two bao buns make a delicious street-food breakfast for workers in China.

The slightly sweet dough of the bao bun also makes it a great candidate for a dessert dumpling. Baozi filled with sweet red bean paste or black sesame paste make a satisfying and not overly sweet treat.

## CHAPTER TWO

### Dumpling Recipes

#### Dumplings

My mother was one of the best cooks I ever knew. When she made stews we mostly found dumplings in them. We never ate things from packages or microwaves and you sure could taste what food was. That's the only way I cook today - I don't use any electronic gadgets to cook with except an electric stove.

Prep: 5 mins

Cook: 15 mins

Total: 20 mins

Servings: 6

Yield: 6 dumplings

#### Ingredients

1 cup all-purpose flour

2 teaspoons baking powder

1 teaspoon white sugar

½ teaspoon salt

1 tablespoon margarine

½ cup milk

### **Directions**

#### Step 1

Stir together flour, baking powder, sugar, and salt in medium size bowl. Cut in butter until crumbly. Stir in milk to make a soft dough.

#### Step 2

Drop by spoonfuls into boiling stew. Cover and simmer 15 minutes without lifting lid. Serve.

#### Step 3

To make parsley dumplings, add 1 tablespoon parsley flakes to the dry ingredients.

### **Nutrition Facts**

Per Serving: 105 calories; protein 2.8g; carbohydrates 18g; fat 2.4g; cholesterol 1.6mg; sodium 385.8mg.

### **Canadian Boiled Dumpling**

This traditional native Canadian dessert is made with raisins and molasses. This size dumpling feeds many, it is usually sliced thinly and served by itself or with a bit of butter. The original recipe is from Mathilda Michano. Enjoy!

Prep: 15 mins

Cook: 3 hrs 30 mins

Additional: 30 mins

Total: 4 hrs 15 mins

Servings: 20

Yield: 1 Canadian dumpling

## **Ingredients**

8 cups all-purpose flour  
1 cup white sugar  
2 tablespoons baking powder  
1 teaspoon salt  
1 (15 ounce) package raisins  
1 ½ (12 fluid ounce) cans evaporated milk  
2 cups dark molasses  
1 teaspoon vanilla extract  
¾ cup lard, melted

## **Directions**

### Step 1

Stir together flour, sugar, baking powder, salt, and raisins in a large bowl until evenly blended. Whisk together milk, molasses, and vanilla extract in a separate bowl, and set aside. Use your hands to work the melted lard into the flour mixture until coarse and crumbly. Mix in the molasses mixture until a wet, sticky dough is achieved.

### Step 2

Place a heatproof ceramic plate in the bottom of a large pot and fill with water. Bring to a boil over high heat.

### Step 3

Scrape dough into the center of a clean, 2x2 foot cotton cloth. Bring the corners and sides of the cloth around the dough, and tie the pouch closed with strong kitchen twine, leaving about 1 1/2 inches of room for the dough to expand at the top.

### Step 4

Carefully place dumpling into boiling water, making sure it is immersed. Cover, and return to a boil. Reduce heat to medium-low, and simmer gently

for 3 1/2 hours.

### Step 5

After 3 1/2 hours, carefully remove dumpling from the simmering water, and remove the cotton cloth. Place onto a plate and allow to cool. Serve warm or cold.

### **Nutrition Facts**

Per Serving: 487 calories; protein 7.7g; carbohydrates 92.5g; fat 10.5g; cholesterol 15.5mg; sodium 308.1mg.

### **Dumpling Dipping Sauce**

Great for steamed or fried dumplings, egg rolls, and spring rolls!

Prep: 10 mins

Additional: 1 hr

Total: 1 hr 10 mins

Servings: 10

Yield: 10 servings

### **Ingredients**

3 tablespoons light soy sauce

3 tablespoons dark soy sauce

3 tablespoons red wine vinegar

1 teaspoon hot chili oil

1 teaspoon minced fresh ginger root

½ teaspoon white sugar

1 clove garlic, chopped

¼ teaspoon minced green onion, or to taste

### **Directions**

Step 1

Whisk light soy sauce, dark soy sauce, red wine vinegar, chili oil, ginger, sugar, garlic, and green onion together in a bowl; pour into a sealable container, seal, and refrigerate 1 hour.

### **Nutrition Facts**

Per Serving: 6 calories; carbohydrates 0.7g; fat 0.4g; sodium 538.1mg.

### **Beefy Chinese Dumplings**

This is a delicious meat and veggie dumpling recipe that my mom has been making ever since I can remember. It may take some time and practice when it comes to making these, but it's well worth it. Just boil them in water, and serve hot with soy sauce, or add them to a soup.

Prep: 30 mins

Cook: 5 mins

Total: 35 mins

Servings: 10

Yield: 10 servings

### **Ingredients**

1 ½ pounds ground beef

2 cups shredded Chinese cabbage

1 carrot, shredded

1 onion, minced

1 egg

1 teaspoon sugar

1 teaspoon salt

1 tablespoon soy sauce

1 tablespoon vegetable oil

1 (14 ounce) package wonton wrappers

### **Directions**

### Step 1

In a large bowl, mix together beef, cabbage, carrot, and onion. Stir in the egg, sugar, salt, soy sauce, and vegetable oil.

### Step 2

Place a large teaspoonful of filling in the center of a dumpling skin. Moisten the edges of a wonton with a few drops of water. Then fold the dumpling in half, and pinch the edges together to seal. Create a ripple pattern along the pinched edge by pinching and gently pushing together small segments of it. Repeat with remaining dumplings.

### Step 3

Boil the dumplings in water until they float to the top, about 5 minutes.

### **Nutrition Facts**

Per Serving: 356 calories; protein 16.2g; carbohydrates 25.4g; fat 20.6g; cholesterol 80mg; sodium 606.3mg.

### [Chicken Stew with Dumplings](#)

I've been dying to do a chicken and dumpling dish for a while. Could there be a better time than winter for a true comfort dish?

Prep: 20 mins

Cook: 45 mins

Total: 1 hr 5 mins

Servings: 8

Yield: 8 servings

### **Ingredients**

1 (3 pound) rotisserie chicken

2 tablespoons butter

1 onion, diced

2 ribs celery, sliced thin

2 tablespoons all-purpose flour

2 (14.5 ounce) cans chicken broth  
1 teaspoon salt  
½ teaspoon ground black pepper  
½ teaspoon dried basil  
¼ teaspoon dried thyme  
¾ pound new potatoes, cut into 1/2-inch dice  
2 cups frozen mixed vegetables  
1 ½ cups all-purpose flour  
2 teaspoons baking powder  
½ teaspoon salt  
3 tablespoons butter  
¾ cup milk, or more as needed  
2 tablespoons dried dill

## **Directions**

### Step 1

De-bone chicken and cut into chunks or shred. Set aside.

### Step 2

Melt 2 tablespoons butter in a large Dutch oven over medium heat; cook and stir onion and celery until soft, about 10 minutes. Sprinkle in 2 tablespoons flour and whisk continuously to make a thick roux, about 2 minutes. Slowly pour in chicken broth, whisking to remove any lumps. Add 1 teaspoon salt, black pepper, basil, thyme, potatoes, and mixed vegetable. Cover and cook the stew over medium heat until vegetables are tender, 15 to 20 minutes. Stir in chicken meat and continue to simmer.

### Step 3

Meanwhile, combine 1 ½ cups flour, baking powder, and ½ teaspoon salt in a large bowl; cut in 3 tablespoons butter until the mixture resembles coarse crumbs. Stir in milk and dill. Drop rounded tablespoonfuls of dough into the

simmering stew. Cook, uncovered, for 10 minutes. Cover and cook until the dumplings are tender, 8 to 10 minutes more.

I used my food processor to mix the dumplings. Be careful not to over-mix or the dumplings will get tough. If necessary, finish the dough in a mixing bowl and adjust milk to a very stiff consistency.

### **Nutrition Facts**

Per Serving: 464 calories; protein 29.7g; carbohydrates 37.9g; fat 21.3g; cholesterol 95.9mg; sodium 1161.2mg.

### **Apple Dumpling Cake**

This recipe tastes like apple dumplings without all the work.

Prep: 20 mins

Cook: 45 mins

Total: 1 hr 5 mins

Servings: 12

Yield: 1 - 9x13 inch cake

### **Ingredients**

3 pounds apples - peeled, cored and sliced

2 cups all-purpose flour

1 ½ cups white sugar

2 teaspoons baking powder

1 teaspoon salt

2 eggs, beaten

1 cup vegetable oil

1 teaspoon ground cinnamon

### **Directions**

Step 1

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch

baking dish.

### Step 2

Place sliced apples in baking dish. In a medium bowl, mix together the flour, sugar, baking powder, and salt. Stir in eggs and oil; pack on top of apples. Sprinkle with cinnamon.

### Step 3

Bake in preheated oven for 40 to 45 minutes, or until topping is puffed and golden brown.

### **Nutrition Facts**

Per Serving: 407 calories; protein 3.5g; carbohydrates 57g; fat 19.6g; cholesterol 31mg; sodium 288.3mg.

### [Dim Sum Asian Dumplings](#)

This recipe is the Nepalese version of the Asian dumpling. It is filled with ground pork and Asian spices and steamed, but can be fried or dropped into a broth.

Prep: 40 mins

Cook: 20 mins

Total: 1 hr

Servings: 5

Yield: 40 dumplings

### **Ingredients**

1 pound ground pork

1 large onion, chopped

½ bunch cilantro, chopped

½ teaspoon crushed red pepper flakes

2 teaspoons red curry paste

½ teaspoon garam masala

½ teaspoon chili powder  
¼ teaspoon onion powder  
¼ teaspoon garlic powder  
1 cup all-purpose flour  
¼ cup water as needed  
3 tablespoons peanut butter  
½ teaspoon cayenne pepper  
1 teaspoon white sugar  
1 teaspoon vegetable oil

## **Directions**

### Step 1

Combine pork, onion, cilantro, red pepper flakes, red curry paste, garam masala, chili powder, onion powder, and garlic powder in a bowl. Mix well, then set aside. Place flour into a separate bowl. Slowly stir in the water as needed until a soft dough is achieved. There may be some water left over. Roll out walnut-sized balls of dough into thin circles.

### Step 2

Fill each of the wrappers with about 1 tablespoon of the pork mixture. Moisten the edges of the wrapper, then fold in half, sealing to create a half moon shape. Repeat with the remaining wrappers and filling. Place the dumplings in a steamer over 1 inch of boiling water, and cover. Steam until the dough becomes glossy, about 10 minutes.

### Step 3

To make sauce: Combine peanut butter, cayenne pepper, sugar, and vegetable oil in a microwave-safe glass or ceramic bowl. Cook in the microwave on High for 30 seconds and stir. Serve with the dumplings.

## **Nutrition Facts**

Per Serving: 344 calories; protein 20.4g; carbohydrates 25.8g; fat 17.7g; cholesterol 65.6mg; sodium 138.7mg.

## Semmelknoedel (Bread Dumplings)

My Bavarian Oma made these large dumplings to accompany roast pork or game dishes, any meat with gravy, or with mushrooms in a creamy sauce. Serve one dumpling alongside your dish, and cover with a little gravy.

Prep: 30 mins

Cook: 20 mins

Total: 50 mins

Servings: 4

Yield: 4 servings

### Ingredients

1 (1 pound) loaf stale French bread, cut into 1 inch cubes

1 cup milk

2 tablespoons butter

1 onion, finely chopped

1 tablespoon chopped fresh parsley

2 eggs

½ teaspoon salt

1 pinch ground black pepper

½ cup dry bread crumbs (Optional)

### Directions

#### Step 1

Place the bread cubes into a large bowl. Heat the milk until it starts to bubble at the edges, then pour it over the bread cubes. Stir briefly to coat the bread. Let soak for 15 minutes.

#### Step 2

Meanwhile, melt the butter in a skillet over medium heat. Add the onions; cook and stir until tender. Stir in the parsley, and remove from the heat. Mix

into the bowl with the bread along with the eggs, salt and pepper. Use your hands, squeezing the dough through your fingers until it is smooth and sticky.

### Step 3

Bring a large pot of lightly salted water to a boil. The water should be at least 3 or 4 inches deep. When the water is boiling, make a test dumpling about the size of a small orange or tangerine, by patting and cupping between wet hands. Gently drop into the boiling water. If it falls apart, the dough is too wet. In this case, stir some bread crumbs into the rest of the dumpling batter.

### Step 4

Form the remaining dough into large dumplings, and carefully drop into the boiling water. Simmer for 20 minutes, then remove to a serving plate with a large slotted spoon. They should come out soft, spongy and delicious!

### **Nutrition Facts**

Per Serving: 506 calories; protein 20.5g; carbohydrates 78.8g; fat 12.3g; cholesterol 113.1mg; sodium 1220.1mg.

### [Down East Chicken and Dumplings](#)

This is a 'Down East' style Chicken and Dumpling recipe.

Prep: 10 mins

Cook: 1 hr

Total: 1 hr 10 mins

Servings: 8

Yield: 8 servings

### **Ingredients**

4 large skinless, boneless chicken breast halves - cut into strips

4 cubes chicken bouillon

2 stalks celery, chopped

1 small onion, chopped

1 sprig fresh parsley, chopped

salt and pepper to taste

2 cups all-purpose flour

1 egg

½ cup sour cream

½ cup chicken broth

½ cup cornstarch, to thicken broth

### **Directions**

#### Step 1

Bring a large pot of salted water to a boil. Add chicken, bouillon, celery, parsley and salt and pepper to taste. Cook for 45 minutes or until chicken is no longer pink inside. Reduce heat to low and continue to simmer.

#### Step 2

To Make Dumplings: While chicken is cooking, combine the flour, egg, sour cream, and chicken broth in a medium bowl. Mix well and roll dough out on a floured surface. Cut into small squares and drop into boiling chicken broth. In a small bowl, mix together corn starch and enough water to form a thin paste; stir into broth. Continue to simmer for 5 to 10 minutes, or until dumplings are light and puffy.

### **Nutrition Facts**

Per Serving: 261 calories; protein 18.8g; carbohydrates 33.8g; fat 4.9g; cholesterol 64.5mg; sodium 715.1mg.

### **Herbed Dumplings**

Savory dumplings for beef or chicken stew.

Prep: 5 mins

Cook: 15 mins

Total: 20 mins

Servings: 6

Yield: 6 servings

## **Ingredients**

1 ½ cups all-purpose flour  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons baking powder  
1 teaspoon dried thyme  
1 teaspoon dried parsley  
1 teaspoon dried oregano  
3 tablespoons butter  
¾ cup milk

## **Directions**

### Step 1

In a bowl, mix the flour, salt, baking soda, baking powder, thyme, parsley, and oregano. Cut in butter until the mixture resembles coarse crumbs. Gradually add milk, using just enough to form a thick batter.

### Step 2

Drop by rounded tablespoons into your simmering soup or stew, cover, and allow to cook 15 minutes.

## **Nutrition Facts**

Per Serving: 182 calories; protein 4.4g; carbohydrates 25.9g; fat 6.7g; cholesterol 17.7mg; sodium 771.8mg.

## **Potato Dumpling Casserole**

Yummy potato dumplings baked in a rich cheese sauce. A family favorite, and a great use for leftover mashed potatoes. You can also double the sauce recipe and use it as the base for a terrific macaroni and cheese casserole. If Jarlsberg cheese is not available at your store, you can use Swiss cheese.

Prep: 30 mins

Cook: 45 mins

Total: 1 hr 15 mins

Servings: 6

Yield: 6 servings

## **Ingredients**

2 cups mashed potatoes

1 cup all-purpose flour

2 eggs, beaten

1 ½ teaspoons salt

⅛ teaspoon black pepper

1 medium onion, chopped

3 tablespoons butter

2 tablespoons all-purpose flour

1 cup light cream

1 cup chicken broth

½ cup grated Parmesan cheese

½ cup shredded Jarlsberg cheese

## **Directions**

### Step 1

In a medium bowl, mix together the mashed potatoes, 1 cup flour, eggs, salt and pepper until well blended. Spoon into a clean plastic bag.

### Step 2

Bring 5 quarts of water to a boil in a large pot. Adjust heat so that water boils very gently. Cut a small opening in the corner of the baggie, and squeeze out dumplings into the water, cutting with scissors at 1 inch intervals. Let the dumplings simmer uncovered until they float to the top. Remove with a slotted spoon, and place in a 2 quart baking dish. Keep warm.

### Step 3

Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a skillet over medium heat. Saute onion in butter until tender. Blend in 2 tablespoons flour until smooth. Pour in cream and broth, and cook, stirring constantly until thickened. Remove from heat and stir in half of the Parmesan cheese and half of the Jarlsberg until smooth. Pour over the dumplings in the dish. Sprinkle remaining cheeses over the top.

#### Step 4

Bake uncovered for 45 minutes in the preheated oven, until the top is golden brown and sauce is bubbly.

#### **Nutrition Facts**

Per Serving: 373 calories; protein 12.9g; carbohydrates 34.2g; fat 20.7g; cholesterol 120.7mg; sodium 1018.7mg.

#### [Allie's Delicious Baked Dumplings](#)

A delicious baked apple dumpling with a crispy crust and moist and juicy inside! Always a big hit for all occasions, and surprisingly easy to prepare.

Prep: 15 mins

Cook: 45 mins

Total: 1 hr

Servings: 8

Yield: 8 dumplings

#### **Ingredients**

1 (17.5 ounce) package frozen puff pastry, thawed

1 cup white sugar

$\frac{3}{8}$  cup dry bread crumbs

3 tablespoons ground cinnamon

1 pinch ground nutmeg

1 egg, beaten

4 Granny Smith apples - peeled, cored and halved

1 cup confectioners' sugar

1 teaspoon vanilla extract

3 tablespoons milk

### **Directions**

#### Step 1

Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.

#### Step 2

Roll out each sheet of pastry to measure 12x12 inches. Cut into quarters, to make 8 - 6 inch squares.

#### Step 3

In a small bowl, combine sugar, bread crumbs, cinnamon and nutmeg. Brush a pastry square with beaten egg. Place 1 tablespoon bread crumb mixture in center. Place one apple half, core side down, over bread crumbs. Top with another tablespoon of mixture. Pull up four corners of pastry and pinch sides together to seal seams completely. Repeat with remaining apples.

#### Step 4

Brush each dumpling with beaten egg. Place in preheated oven for 15 minutes, then reduce heat to 350 degrees F (175 degrees C) and continue baking 25 minutes more, until lightly browned. Let cool completely at room temperature.

#### Step 5

To make icing, combine confectioners' sugar and vanilla and enough milk to make a drizzling consistency. Drizzle over cooled dumplings. Serve the same day.

### **Nutrition Facts**

Per Serving: 563 calories; protein 6.4g; carbohydrates 82.3g; fat 24.4g; cholesterol 23.7mg; sodium 201.8mg.

### **Turkey and Dumplings Casserole**

Using leftover turkey you can make a turkey or chicken and dumplings

casserole instead of soup.

Prep: 15 mins

Cook: 30 mins

Additional: 5 mins

Total: 50 mins

Servings: 4

Yield: 4 servings

### **Ingredients**

cooking spray

1 (10.5 ounce) can condensed cream of chicken soup

1 cup milk

1 cup frozen mixed vegetables, thawed

1 cup cooked turkey, diced

1 (8 ounce) can refrigerated crescent roll dough, chopped

salt and ground black pepper to taste

1 cup bread crumbs, or to taste

### **Directions**

Step 1

Preheat oven to 425 degrees F (220 degrees C). Spray a casserole dish with cooking spray.

Step 2

Combine chicken soup, milk, thawed vegetables, turkey, crescent roll dough, salt, and pepper in a bowl. Transfer mixture to the prepared casserole dish. Top with bread crumbs. Spray a layer of cooking spray on top.

Step 3

Bake in the preheated oven until casserole is heated through, about 30

minutes. Let cool slightly before serving, 5 to 10 minutes.

Leftover chicken may be used in place of the turkey.

## **Nutrition Facts**

Per Serving: 510 calories; protein 23g; carbohydrates 55.1g; fat 21g; cholesterol 37.4mg; sodium 1233.4mg.

## **Yeast Dumplings**

For everyone who likes a thick, heavier dumpling, not the fluffy, melt-in-your-mouth kind from a can, this recipe is for YOU!! These are very easy to make, and taste the way you remember your Grandma's dumplings! They're also great in a chicken and dumplings recipe.

Prep: 20 mins

Cook: 10 mins

Additional: 20 mins

Total: 50 mins

Servings: 6

Yield: 6 servings

## **Ingredients**

½ cup butter

½ cup milk

1 (.25 ounce) envelope active dry yeast

½ cup water

3 eggs

½ cup sugar

1 teaspoon salt

4 ½ cups all-purpose flour

1 (32 ounce) carton chicken broth

## **Directions**

### Step 1

Place milk and butter in a small saucepan, and simmer over medium heat until butter melts. Remove from the heat and allow to cool.

### Step 2

Dissolve the yeast in the warm water placed in a small bowl. Set aside.

### Step 3

Combine the eggs, sugar, and salt in a large mixing bowl, and mix until thoroughly blended. Gradually stir in the flour, alternating with milk and yeast mixtures. Gather the dough into a ball. Cover the bowl with a cloth, and let the dough rest 20 minutes.

### Step 4

Pour the chicken broth into a large pot. Bring broth to a boil over medium-high heat.

### Step 5

Meanwhile, sprinkle flour over a clean board or countertop. Turn the dough out onto the board and knead lightly until smooth and satiny, about 3 minutes. Add a little more flour if the dough is sticky. Roll out the dough to be about 1/2 inch thick. Use a butter knife to cut dough into 2 inch wide strips, and place strips into the boiling broth. Dumplings will initially sink, then rise to the surface when cooked, about 10 minutes. Remove dumplings from the broth with a slotted spoon, and drain on a plate.

## **Nutrition Facts**

Per Serving: 598 calories; protein 14.5g; carbohydrates 90.5g; fat 19.3g; cholesterol 127.9mg; sodium 1253mg.

## **Flat Dumplings**

Quick and easy, great for chicken and dumplings.

Servings: 8

Yield: 8 servings

## **Ingredients**

2 cups all-purpose flour

½ teaspoon baking powder

½ teaspoon salt

¾ cup chicken broth

1 egg, lightly beaten

1 tablespoon dried parsley

2 tablespoons minced onion

## **Directions**

Step 1

Mix together flour, baking powder, and salt in medium bowl.

Step 2

Stir together broth, egg, parsley, and onion. Add dry ingredients and stir until moistened.

Step 3

Turn out on floured board, knead lightly. Roll to about 1/8 inch thick. Cut into circles and drop into boiling soup or broth. Reduce heat to medium, cook 15 minutes or until done.

## **Nutrition Facts**

Per Serving: 128 calories; protein 4.5g; carbohydrates 24.4g; fat 1.1g; cholesterol 23.3mg; sodium 257.6mg.

## **Cheddar Dumpling Tomato Soup**

Classic tomato soup gets an update with hearty dumplings from Adrianna Adarme of A Cozy Kitchen.

Prep: 30 mins

Cook: 30 mins

Total: 1 hr

Servings: 4

Yield: 4 servings

## **Ingredients**

Soup:

1 tablespoon olive oil

½ yellow onion, roughly chopped

2 cloves garlic, minced

1 teaspoon dried Italian seasoning

1 (28 ounce) can crushed tomatoes

2 cups water, divided

2 teaspoons salt

Dumplings:

¾ cup all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

¼ teaspoon freshly cracked black pepper, plus more to taste

¼ cup shredded sharp Cheddar cheese

½ cup buttermilk, shaken

2 tablespoons chopped fresh Italian parsley

Reynolds Wrap® Aluminum Foil

## **Directions**

Step 1

Preheat oven to 350 degrees F.

Step 2

In a medium ovenproof pot, heat the olive oil over medium heat. Add the chopped onion and cook until translucent, about 3-5 minutes. Add garlic and Italian seasoning and cook until fragrant, about 1 minute. Pour in the can of tomatoes. Add about 1 cup of water to the pot. Bring the soup to a simmer and then immediately turn the heat down to low. Cook the soup, uncovered, for about 10-15 minutes, until slightly thickened and very fragrant.

### Step 3

Transfer the soup, in batches if necessary, to a blender and pulse until very smooth, allowing steam to escape while you process (or use an immersion blender and blend the soup in the pot). Return the pureed soup to the pot. Add salt. Mix in additional water, as needed, if the soup is too thick. Set aside.

### Step 4

For the Dumplings: In a medium bowl, mix together the flour, baking powder, salt and black pepper. Add cheese and mix until evenly distributed. Pour in the buttermilk and mix until the dough is combined and wet. Using a tablespoon or ice cream scoop, drop balls of dough into the soup.

### Step 5

Cover the pot with Reynolds Wrap® Aluminum Foil and transfer to the oven. Bake for 20-25 minutes, until the dumplings are cooked and fluffy.

### Step 6

Garnish each soup bowl pepper and a sprinkling of parsley.

## **Nutrition Facts**

Per Serving: 229 calories; protein 8.8g; carbohydrates 36.3g; fat 6.8g; cholesterol 8.6mg; sodium 1770.8mg.

## **Chicken and Dumplings from Scratch**

From-scratch dumplings and fresh mushrooms make a difference in this chicken and dumplings dish.

Prep: 45 mins

Cook: 40 mins

Additional: 30 mins

Total: 1 hr 55 mins

Servings: 6

Yield: 6 servings

## **Ingredients**

Dumplings:

$\frac{3}{4}$  cup milk

3 tablespoons butter

2 cups all-purpose flour

1 tablespoon baking powder

1 tablespoon chopped fresh parsley

$\frac{3}{4}$  teaspoon salt

$\frac{1}{4}$  cup club soda

Chicken Mixture:

3 cups chicken stock

1 (10.75 ounce) can condensed cream of chicken soup

3 medium skinless, boneless chicken breast halves

2 potatoes, cubed

1 yellow onion, diced

1 rib celery, diced

$\frac{1}{2}$  cup diced carrot

$\frac{1}{2}$  green bell pepper, seeded and chopped

$\frac{1}{2}$  (10 ounce) package frozen peas, thawed (Optional)

1 lemon, thinly sliced (Optional)

1 sprig fresh thyme

1  $\frac{3}{4}$  cups heavy cream

salt and ground black pepper to taste

2 tablespoons butter

1 cup chopped morel mushrooms

1 tablespoon chopped fresh parsley, or to taste

1 tablespoon chopped green onion, or to taste

## **Directions**

### Step 1

Heat milk and butter for dumplings in a small saucepan over medium heat until butter melts, 2 to 3 minutes. Remove from heat.

### Step 2

Combine flour, baking powder, parsley, and salt in a bowl. Stir in club soda and milk mixture until dough forms a ball, making sure not to overmix. Cover dumpling dough and let stand for 30 minutes.

### Step 3

Combine chicken stock and cream of chicken soup in a large saucepan or Dutch oven. Bring to a simmer over medium-high heat. Add chicken, potatoes, onion, celery, carrot, bell pepper, peas, lemon, and thyme. Poach until chicken is no longer pink in the centers and vegetables are tender, about 12 minutes. Transfer chicken to a plate to cool; transfer vegetables to a bowl, leaving stock in the pan. Discard thyme and lemon.

### Step 4

Boil remaining stock over medium-high heat until reduced by 1/3, 5 to 7 minutes.

### Step 5

Meanwhile, pour cream into a small saucepan and heat over medium-high heat. Cook until reduced by about 1/2, 7 to 10 minutes. Whisk into reduced stock. Season with salt and pepper and set aside.

### Step 6

Chop cooled chicken into bite-sized pieces.

### Step 7

Melt butter in a small skillet over medium-high heat. Add mushrooms, season with salt and pepper, and saute for 2 to 3 minutes. Stir into stock mixture and add chicken and cooked vegetables.

### Step 8

Bring soup to a simmer over medium heat, adding more stock if necessary. Drop dumpling dough by teaspoons into the mixture. Cover and let simmer for 7 to 8 minutes. Serve hot garnished with parsley and green onion.

You can use white button mushrooms instead of morels, if preferred.

### **Nutrition Facts**

Per Serving: 705 calories; protein 24.1g; carbohydrates 62.5g; fat 41.2g; cholesterol 159.7mg; sodium 1421.9mg.

## **Chicken Dumpling Soup**

A well rounded chicken soup with delicious chicken and herb dumplings.

Prep: 30 mins

Cook: 1 hr 15 mins

Total: 1 hr 45 mins

Servings: 16

Yield: 1 gallon

### **Ingredients**

3 cups chopped cooked chicken breast

2 eggs

4  $\frac{3}{4}$  cups chicken broth, divided

1 cup all-purpose flour

$\frac{1}{4}$  cup chopped fresh parsley

2 teaspoons salt

$\frac{1}{8}$  teaspoon black pepper

½ teaspoon dried tarragon  
¼ cup butter  
2 cups chopped onion  
1 ½ cups thinly sliced celery  
2 cloves garlic, minced  
½ cup all-purpose flour  
2 quarts chicken broth  
1 ½ teaspoons salt  
1 ½ cups chopped carrots  
3 cups chopped cooked chicken breast

## **Directions**

### Step 1

In a blender or food processor, combine 3 cups cooked chicken, eggs, ¾ cup chicken broth, 1 cup flour, parsley, 2 teaspoons salt, pepper and tarragon. Process until smooth.

### Step 2

In a large pot, bring 4 cups chicken broth to a boil. Drop dumpling mixture by rounded spoonfuls into boiling broth. Simmer, uncovered, 5 to 8 minutes, until well formed and slightly browned. Remove with a slotted spoon and drain on paper towels. Reserve dumpling cooking liquid.

### Step 3

In a large pot melt butter over medium heat. Cook onion, celery and garlic in butter until onion is translucent. Stir in ½ cup flour until fully incorporated. Pour in 2 quarts chicken broth, stirring constantly. Bring to a boil. Introduce 1 ½ teaspoons salt and carrots. Cover, reduce heat, and simmer 15 minutes.

### Step 4

Stir in dumplings, reserved liquid and 3 cups cooked chicken. Simmer 15 minutes more before serving.

## **Nutrition Facts**

Per Serving: 189 calories; protein 16.9g; carbohydrates 12.6g; fat 7.6g; cholesterol 70.3mg; sodium 587mg.

## **Rhubarb Dumplings**

This is a easy recipe and a nice change from the standard apple dumplings. I serve mine with a scoop of cinnamon ice cream.

Prep: 15 mins

Cook: 40 mins

Total: 55 mins

Servings: 10

Yield: 10 dumplings

## **Ingredients**

1 (12 ounce) can refrigerated buttermilk biscuit dough

2 cups chopped fresh rhubarb

1 cup white sugar

1 cup water

½ cup butter, melted

1 ¼ teaspoons vanilla extract

¼ teaspoon ground cinnamon, or to taste

## **Directions**

Step 1

Preheat the oven to 350 degrees F (175 degrees C).

Step 2

Separate the biscuits in the can. Flatten each one into about a 3 inch circle. Place a generous tablespoon of chopped rhubarb in the center of each circle. Wrap the dough up around the rhubarb, and pinch to seal tightly. Place the dumplings seam side down in a 9x13 inch baking dish. In a medium bowl, or

large measuring cup, stir together the sugar, water, butter and vanilla. Pour over the dumplings in the pan. Sprinkle cinnamon over the top.

### Step 3

Bake uncovered for 35 to 40 minutes in the preheated oven, or until biscuits are golden brown.

### **Nutrition Facts**

Per Serving: 275 calories; protein 2.6g; carbohydrates 36g; fat 13.9g; cholesterol 24.7mg; sodium 407.8mg.

### **Clottie Dumpling**

My Grandmother's recipe and she would have been 100!

Prep: 20 mins

Cook: 3 hrs 30 mins

Total: 3 hrs 50 mins

Servings: 8

Yield: 8 servings

### **Ingredients**

4 cups self-rising flour

1  $\frac{3}{4}$  cups dried currants

1  $\frac{2}{3}$  cups raisins

$\frac{1}{4}$  pound shredded suet

1 cup dry bread crumbs

1 cup white sugar

1 egg, lightly beaten

$\frac{1}{2}$  cup milk

1 teaspoon mixed spice

1 teaspoon baking powder

1 pinch salt

1 tablespoon molasses

### **Directions**

#### Step 1

Bring a large pot of water to boil.

#### Step 2

Meanwhile, in a large bowl, combine flour, currants, raisins, suet, bread crumbs and sugar. Mix egg and milk with mixed spice, baking powder, salt and molasses. Stir into flour mixture to form a wet dough.

#### Step 3

Dip a heavy cotton cloth in boiling water and then sprinkle it with flour. Place dough in center of cloth, draw opposite corners together to form a ball, leaving a bit of room for the dumpling to expand, and tie tightly with twine to seal.

#### Step 4

Place the dumpling in the boiling water, reduce heat to a low boil, and cook 3 1/2 hours, topping water off as needed. Remove the dumpling from the water, remove the cloth and dry the dumpling in front of a fire or in a 150 degree oven until surface is no longer wet. Serve.

### **Nutrition Facts**

Per Serving: 672 calories; protein 11.2g; carbohydrates 124.6g; fat 15.8g; cholesterol 34.1mg; sodium 959.6mg.

### **Easy Chicken and Dumplings**

A super easy way to make chicken and dumplings. My husband and kids loved it.

Prep: 15 mins

Cook: 30 mins

Total: 45 mins

Servings: 6

Yield: 6 servings

## **Ingredients**

1 (32 ounce) container chicken broth

4 skinless, boneless chicken breast halves, cubed, or more as needed

1 onion, chopped

½ (16 ounce) package baby carrots

2 stalks celery, chopped

1 bay leaf

salt and ground black pepper to taste

2 ¼ cups baking mix (such as Bisquick ®)

⅔ cup milk

## **Directions**

### Step 1

Combine chicken broth, chicken breast cubes, onion, carrots, celery, bay leaf, salt, and pepper in a large pot; bring to a boil. Reduce heat, cover pot, and simmer until chicken is no longer pink in the center and the vegetables are tender, 20 to 25 minutes.

### Step 2

Mix baking mix and milk in a bowl until dough is sticky; drop golf ball-sized pieces of dough into the soup. Cover pot and cook until dumplings are cooked through, about 10 minutes.

## **Nutrition Facts**

Per Serving: 310 calories; protein 20.1g; carbohydrates 35.4g; fat 9.4g; cholesterol 44.9mg; sodium 1361.9mg.

## [Apple Dumplings I](#)

These Apple Dumplings are swimming in a buttery vanilla sauce. My family loves them. I hope you will, too.

Prep: 20 mins

Cook: 35 mins

Total: 55 mins

Servings 8

Yield: 8 dumplings

### **Ingredients**

1 (16 ounce) can refrigerated flaky biscuit dough

4 apples - peeled, cored and halved

1 cup white sugar

1 cup water

½ cup butter, melted

2 teaspoons vanilla extract

½ teaspoon ground cinnamon

### **Directions**

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Butter a 7x11 inch baking pan. Separate biscuit dough into 8 pieces. Flatten each piece of dough into a circle. Wrap one biscuit around each apple half and place, seam side down, in pan.

Step 3

In small bowl, combine sugar, water, melted butter and vanilla. Pour mixture over dumplings in pan. Sprinkle cinnamon on top. Bake 35 to 40 minutes, until golden. Serve hot.

### **Nutrition Facts**

Per Serving: 416 calories; protein 4g; carbohydrates 58.2g; fat 19.3g; cholesterol 31.1mg; sodium 641.3mg.

[Chicken and Dumplings Casserole](#)

This chicken and dumplings casserole is comfort food at its best.

Prep: 20 mins

Cook: 1 hr 20 mins

Total: 1 hr 40 mins

Servings: 6

Yield: 6 servings

### **Ingredients**

1 pound skinless, boneless chicken breasts, cut into small pieces

1 cup sliced carrot

½ cup sliced celery

1 cube chicken bouillon, or more to taste

⅓ cup butter

½ cup chopped onion

2 teaspoons minced garlic

⅓ cup all-purpose flour

½ teaspoon poultry seasoning

½ teaspoon dried basil

½ teaspoon dried thyme

¼ teaspoon ground black pepper

1 ¾ cups chicken broth

⅔ cup milk

1 cup frozen peas

1 (16.3 ounce) package refrigerated biscuit dough, separated

### **Directions**

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Grease a large baking dish.

### Step 2

Combine chicken, carrot, celery, and bouillon in a large pot and add enough water to cover. Bring to a boil, cover, and cook until chicken is no longer pink in the centers, 10 to 15 minutes. Drain, reserving chicken and broth in another pot or bowl.

### Step 3

Melt butter in the same pot over medium heat. Cook onion and garlic in the hot butter for 5 minutes. Stir in flour, poultry seasoning, basil, thyme, and pepper. Stir in chicken broth and milk slowly. Add chicken mixture and peas. Simmer over medium-low heat until thick, 10 to 15 minutes. Pour mixture into the prepared baking dish.

### Step 4

Bake in the preheated oven until mixture is bubbling, 20 to 25 minutes. Remove from the oven and place biscuits on top. Cover and bake for 15 minutes. Uncover and continue baking until biscuits are golden brown, 15 to 20 minutes more.

Dish may be made ahead of time. At this point, cool and store in the refrigerator or freezer. When ready to use, bake at 350 degrees until slightly bubbly. Top with biscuits. Cover and bake as instructed.

### **Nutrition Facts**

Per Serving: 503 calories; protein 24.8g; carbohydrates 47.7g; fat 23.4g; cholesterol 75mg; sodium 1465.1mg.

### **Baked Chicken and Dumpling Casserole**

Take a classic and put it in a casserole dish and voila, you have baked chicken and dumplings.

Prep: 30 mins

Cook: 40 mins

Additional: 10 mins

Total: 1 hr 20 mins

Servings: 12

Yield: 1 9x13-inch casserole

## **Ingredients**

nonstick cooking spray

4 tablespoons butter

2 stalks celery, or more to taste, diced

1 carrot, or more to taste, diced

1 small onion, diced

3 cups cooked, cubed chicken breast meat

1 pinch salt and ground black pepper to taste

1 cup all-purpose flour

1 cup milk

1 ½ teaspoons baking powder

½ teaspoon salt

2 cups chicken broth

1 (10.75 ounce) can condensed cream of chicken soup

1 teaspoon poultry seasoning

½ teaspoon dried parsley, or to taste (Optional)

## **Directions**

### Step 1

Preheat the oven to 350 degrees F (175 degrees C). Spray a 9x13-inch casserole dish with cooking spray.

### Step 2

Melt butter in a skillet over medium-high heat. Add celery, carrot, and onion and cook until veggies begin to soften, about 5 minutes. Transfer to the

prepared casserole dish. Add cooked chicken. Distribute chicken and veggies evenly across the bottom of the dish. Season with salt and pepper.

### Step 3

Whisk together flour, milk, baking powder, and 1/2 teaspoon salt in a small bowl until fully combined and no lumps remain. Pour flour mixture evenly over chicken mixture; do not mix.

### Step 4

Whisk together chicken broth, cream of chicken soup, and poultry seasoning in a bowl until well combined. Season with salt and pepper and pour into the casserole dish; do not mix.

### Step 5

Bake in the preheated oven until casserole has set and dumplings are cooked, 40 to 50 minutes. Remove from the oven and sprinkle with dried parsley. Let cool for 10 minutes before serving.

### **Nutrition Facts**

Per Serving: 172 calories; protein 13.6g; carbohydrates 12.5g; fat 7.2g; cholesterol 44.6mg; sodium 602.7mg.

### [Gina's Favorite Dumplings](#)

This is the only fool proof dumpling I have ever made. It is a keeper! It stirs together in no time and cooks up so light and fluffy every time. It has never failed me. It is perfect for chicken dumplings. Just spoon on top of your favorite recipe and enjoy. I usually double the recipe.

Prep: 5 mins

Cook: 10 mins

Total: 15 mins

Servings: 4

Yield: 4 servings

### **Ingredients**

1 cup all-purpose flour

1 tablespoon baking powder

½ teaspoon salt

1 egg

6 tablespoons water

1 tablespoon melted butter

1 quart chicken broth

### **Directions**

#### Step 1

Whisk together flour, baking powder, and salt in a large bowl. Beat egg, water, and melted butter in a small bowl. Stir flour mixture into the egg mixture until well blended.

#### Step 2

Drop batter by spoonfuls onto simmering broth or gravy. Cover and simmer until fully cooked through, about 10 minutes.

### **Nutrition Facts**

Per Serving: 159 calories; protein 4.8g; carbohydrates 24.9g; fat 4.4g; cholesterol 54.1mg; sodium 695.6mg.

### **[Chef John's Chicken and Dumplings](#)**

Not only is this American classic American and classic, it is also one of the most comforting things you'll ever eat and the great thing about this dumpling recipe is that it will work on just about any soup or stew!

Prep: 15 mins

Cook: 1 hr 45 mins

Total: 2 hrs

Servings: 4

Yield: 4 servings

### **Ingredients**

1 (3 to 3 1/2 pound) whole chicken  
2 ½ quarts cold water  
1 large carrot, cubed  
1 stalk celery, chopped  
1 onion, chopped  
3 sprigs fresh thyme  
1 bay leaf  
2 tablespoons all-purpose flour, or as needed  
salt and freshly ground black pepper to taste  
½ teaspoon cayenne pepper, or more to taste  
½ cup creme fraiche  
½ cup milk  
2 teaspoons chopped fresh thyme leaves  
2 eggs  
2 cups self-rising flour  
4 sprigs thyme, for garnish

## **Directions**

### Step 1

Place chicken in a Dutch oven. Add water, carrot, celery, onion, 3 sprigs of thyme, and bay leaf. Bring to a boil, cover, reduce heat to low, and simmer for 1 hour. Remove chicken from dutch oven and transfer to a bowl; set aside to cool.

### Step 2

Increase heat and bring the stock to a simmer. Skim off any chicken fat that appears on top of the stock and reserve in a bowl. Combine 2 to 3 tablespoons of the reserved fat with flour in a small bowl; stir to make a paste, adding more flour if needed. Add the chicken fat and flour mixture to

the stock. Reduce heat and simmer for 15 minutes.

### Step 3

Remove chicken meat from the carcass and add to the stock. Season with salt, black pepper, and cayenne pepper to taste. Continue simmering for 10 to 15 minutes.

### Step 4

Whisk creme fraiche, milk, 2 teaspoons of thyme leaves, and eggs together in a large bowl. Stir in self-rising flour until almost entirely incorporated; do not overmix.

### Step 5

Scoop large dollops of dumpling mixture on top of the chicken stock. Increase heat slightly to medium-high. Cover and simmer until dumplings appear light and fluffy, and a toothpick inserted into the center comes out clean, 10 to 15 minutes. Serve garnish with thyme sprigs.

If you don't have self-rising flour (which does work better here) you can use 2 cups all-purpose flour sifted with 3 teaspoons baking powder and 1 teaspoon fine table salt.

## **Nutrition Facts**

Per Serving: 750 calories; protein 43.7g; carbohydrates 59.7g; fat 36.8g; cholesterol 217.2mg; sodium 1011.9mg.

## **Turkey Dumplings**

These moist dumplings packed with turkey flavor are easy and fun to make.

Prep: 15 mins

Cook: 55 mins

Total: 1 hr 10 mins

Servings: 10

Yield: 8 - 12 dumplings

## **Ingredients**

1 pound cooked, chopped turkey meat

3 cups water

salt and pepper to taste

3 tablespoons all-purpose flour

1 (12 ounce) package refrigerated biscuit dough

### **Directions**

#### Step 1

Place the turkey, water, salt and pepper in a medium saucepan and bring to a boil. Reduce heat and simmer 30 to 40 minutes, or until a broth has formed.

#### Step 2

Spread flour on a medium cutting board or other flat surface. Roll out biscuit dough and cut it into 1x2 inch pieces. Drop the pieces into the broth and cook over low heat approximately 15 minutes.

### **Nutrition Facts**

Per Serving: 194 calories; protein 15.8g; carbohydrates 16.3g; fat 6.9g; cholesterol 34.8mg; sodium 367.5mg.

### **Bread Dumplings**

These unique little dumplings are seasoned with bacon and onion. Delicious with soup!

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

Servings: 4

Yield: 4 servings

### **Ingredients**

10 white dinner rolls

2 cups lukewarm milk

1 tablespoon butter

½ cup diced cooked ham  
1 small onion, chopped  
1 tablespoon chopped parsley  
3 eggs, lightly beaten  
salt and pepper to taste  
1 pinch ground nutmeg

### **Directions**

#### Step 1

Slice rolls finely and soak in milk, until moist but not soggy.

#### Step 2

Melt butter in a small skillet and saute ham with onion and parsley.

#### Step 3

Fill a large saucepan with salted water and bring to a boil. Meanwhile, add eggs, salt, pepper and nutmeg to bread/milk mixture and combine with ham/onion saute. Mix well and shape into dumplings.

#### Step 4

Cook in salted water for 20 minutes and serve immediately.

### **Nutrition Facts**

Per Serving: 326 calories; protein 15.5g; carbohydrates 29.8g; fat 15.7g; cholesterol 174.8mg; sodium 544.6mg.

## **CONCLUSION**

A dumpling is a food with few, indeed no, social pretensions, and of such simplicity that it may plausibly be supposed to have evolved independently in the peasant cuisines of various parts of Europe and probably in other parts of the world too. Such cuisines feature soups and stews, in which vegetables may be enhanced by a little meat. Dumplings, added to the soup or stew, are still, as they were centuries ago, a simple and economical way of extending such dishes.

Dumplings are one of the most versatile foods on the planet! Steamed dumplings are commonly found in Asian cultures. A wooden steamer is placed over boiling water and covered to trap the steam. Place the raw dumplings on non-stick paper and let them simmer for about 10 minutes. The result is a chewy dough layer surrounding the perfectly cooked filling!

Pan frying is great if you want that extra crunch in each bite. All you need is a skillet set to high heat and some vegetable oil. Add water to the pan and let the dumplings cook on the same side until they reach your desired crispiness!

Boiling your dumpling will achieve a similar result as steaming. Drop the dumplings in boiling water for about 8 minutes until they float to the surface. Boiling is a popular method used by the Italians to create their signature dumpling, gnocchi!