

Recipe of the Week

Steamed Seafood Dumplings



Mix:

250g Spanish Mackerel, Skinned, Roughly Diced
50g QLD Scallop Meat, finely chopped
50g Prawn Meat, finely chopped
25g Seafood Mix, finely chopped
1 inch Ginger, grated
2 cloves Garlic, finely grated
1tbsp Green Shallots, finely sliced
1 tbsp Water Chestnuts, finely chopped
1 tsp Fresh Ground Pepper

Seasoning:

3 tbsp Kikkoman Soy Sauce
1 tbsp Sesame Oil
1 tbsp Hoi Sin Sauce
1 tbsp Shoazing Rice Wine (Available at Asian Grocers)
To Build:
1 heaped tbsp Cornflour (mixed with 1/4 cup water)
1 pkt Wonton Wrappers

Optional Flavours:

Finely chopped chilli, finely chopped rehydrated shitaki mushrooms, finely sliced baby peas, sweet corn kernels or grated carrot

Combine all meat in a glass/stainless steel bowl. Add flavours: ginger, garlic, shallots, chestnuts, pepper & any added options, add seasoning and mix until well combined. Refrigerate for 1 hour.

To Build:

Make a 1 inch hole with your thumb and fore finger, lay on top of this a wonton wrapper and brush with cornflour mixture. With the back end of a spoon start feeding in filling, moulding as you go with your hand to form a dumpling, open at the top, closed under and sides. Arrange dumplings into steaming basket lined with baking paper, allowing a little room between each dumpling.

To Cook:

Place steaming basket over a similar sized pot/wok of boiling water. Steam for 5 minutes or until cooked through.

To Serve:

Serve straight from steaming basket with chopsticks and a simple soy and sesame oil dipping sauce