

Sichuan Chick'n Dumplings | Plant-Based

Swick

Serves 30 | Active Time: 1 hour 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

Sambal Oelek is a prepared sauce made from chile peppers and often include other spices and ingredients such as fish or shrimp base.

Make sure to read the label before purchasing to make sure you have a vegan version. Find it in Asian groceries.

Preparing the Dipping Sauce

In a small bowl, whisk all ingredients together well and set aside. Makes approximately 1/2 cup.

Step 1: Preparing the Dipping Sauce

- 3 tbsp rice vinegar
- 3 tbsp tamari
- 3 tbsp honey, agave or maple
- 1/2 tsp fresh chili, minced
- 2 garlic cloves, minced

Step 2: Preparing the Filling

- 3 tbsp toasted sesame oil
- 1/4 cup shallot or white onion, minced
- 3 cloves garlic, minced
- 2 1/2 tbsp fresh ginger, minced
- 1 (10-oz) pkg Gardein chick'n scallopini, torn into pieces
- 1 cup water chestnuts
- 1/2 tsp sea salt
- 1 tbsp cornstarch
- 1/4 cup green onions, minced
- 2 1/2 tbsp maple syrup
- 1 1/2 tbsp sambal oelek*

First, gather and prepare your mise en place.

To prepare the filling, in a fry pan on medium to high heat, add the sesame oil, white onion, garlic and ginger. Sauté for 2 to 3 minutes until caramelized, remove from heat and set aside.

In a food processor, add the water chestnuts and pulse to a coarse consistency. Add the Gardein and pulse until coarsely minced.

Place the mixture in a bowl and add the sautéed onion mixture, sea salt, cornstarch, green onions, maple syrup and sambal. Combine well.

Step 3: Assembling the Dumplings

- 1 pack vegan round dumpling wrappers
- small cup of water for moistening

For the dumpling assembly, gather the bowl of filling, a small cup of water, the dumpling skins and a sheet pan. Lightly sprinkle some cornstarch over the sheet pan (this will keep your dumplings from sticking to the pan).

To assemble the dumplings, place about a tablespoon of dumpling filling in the center of each dumpling skin. Using a small bit of water on your finger, moisten around the edge of half of the skin (more traditional). Fold it into a taco shape. Starting with one corner of the skin facing you, begin crimping around the edge until the dumpling is sealed.

Step 4: Cooking the Dumplings

- 1 to 2 tbsp olive oil or oil spray

To cook the dumplings, in a fry pan on medium heat, add a small amount of oil, or spray oil on the pan and sear dumplings until just golden on the bottom. Add a splash of water to the pan, cover and reduce the heat. Allow the dumplings to steam for about 3 to 4 minutes or until they are heated through.

*Alternately, use a bamboo steamer basket or your favorite steamer. Bring water to a boil, place the dumplings in the steamer basket and steam over the water for about 3 minutes or until they are heated through. Remove from heat and serve with the dipping sauce.