

**make  
your  
own**

**Ages 3+**



## Vegan Dumplings Recipe

**Looking for a meat-free alternative on the pork dumpling? Try this delicious vegan recipe, which uses traditional Chinese ingredients and flavors, that can be enjoyed by all!**

### Learning benefit / Skills developed

- Supports fine motor skill development, hand-strength, bilateral and hand-eye coordination
- Builds upon life skills such as independence, self-confidence and promotes focus and attention
- Supports learning of basic maths skills
- Fosters cultural appreciation

**Servings:** makes approx. 30 dumplings

### Ingredients for dumpling wrappers:

- 250g of plain flour (high gluten flour makes the wrapper chewier)
- 10ml of vegetable oil and 5 grams of salt
- 100ml of warm water (approx. 50 degrees)

### Ingredients for vegan filling:

- 3 cups of shredded eggplant
- 1.5 cups of shredded capsicum
- 1 cup of tofu
- 1 cup of shredded black fungus

### Ingredients for seasoning:

- 2 teaspoons of soybean sauce
- 1/2 teaspoon of salt
- 1 teaspoon of Chinese prickly ash
- 3 teaspoons of vegetable oil

### Instructions to make dumpling wrappers:

1. Mix all your dumpling wrapper ingredients together and knead dough for approx. 5 mins. Cling wrap it and leave it to rest for 10 mins.
2. Place a bit of flour down to avoid sticking and knead again for another 3 mins, Cling wrap and leave for another 5 mins.
3. Take out the dough and cut one part of it off vertically, and knead this into a cylinder. Cut the cylinder into small pieces and press these flat with your palm and use your hands to roll them into wrappers.

### Instructions to make vegan dumplings:

1. Mix well all of the vegan fillings together with all of the seasoning ingredients in a bowl.
2. Use your hand or a big spoon to mix small amounts of the mixture into your dumpling wrappers.
3. Seal the dumpling by pressing the two open ends together and forming a 'boat' shape.