



15 Feb 21

Estimadas Familias,

Nǐ hǎo! This is hello in Mandarin Chinese, the official language in China. We have been learning about China to include the new year, the flag, some of the surrounding countries, the music, the landscape, the Great Wall, the Terracotta warriors and foods. We will also learn about some inventions, such as silk, kites, wheelbarrow, porcelain, compasses, etc. Your child also has a booklet about China.

This week, we will be making dumplings and using chopsticks! Here is the recipe:

3 lb cabbage (napa or regular)	1 ½ lbs pork
3T soy sauce	3T sesame oil
1T sal	¼ tsp white pepper
½ C shredded carrot	1T ginger
1/4 C water	1/3C shaoxing wine or dry sherry

I am using dumpling wrappers (Twin Marquis brand: wheat, corn starch, water, sodium benzoate, yellow color blend #5 and #6) I will also use a sweet chili sauce for dipping. Pantai Sweetened Chili Sauce: sugar, water, red chili, turnip, carrot, salt, garlic, cornstarch for thickener and xanthan gum.

Wash the cabbage thoroughly and blanch them in a pot of boiling water. Transfer them to an ice bath to cool. Ring out all the water from the cabbage and chop very finely. In a large bowl, stir together the vegetable, meat, wine, oil, sesame oil, salt, soy sauce, and white pepper. Mix for 6-8 minutes, until very well-combined.

To wrap the dumplings, dampen the edges of each circle with some water. Put a little less than a tablespoon of filling in the middle. Fold the circle in half and pinch the wrapper together at the top. Then make two folds on each side, until the dumpling looks like a fan. Make sure it's completely sealed. Repeat until all the filling is gone, placing the dumplings on a baking sheet lined with parchment. Make sure the dumplings aren't sticking together.

If you'd like to freeze them, wrap the baking sheets tightly with plastic wrap and put the pans in the freezer. Allow them to freeze overnight. You can then take the sheets out of the freezer, transfer the dumplings to Ziploc bags, and throw them back in the freezer for use later.

To cook the dumplings, boil them or pan-fry them. To boil, bring a large pot of water to a boil, drop the dumplings in, and cook until they float to the top and the skins are cooked through, but still slightly al dente.

To pan-fry, heat 2 tablespoons oil in a non-stick pan over medium high heat. Place the dumplings in the pan and allow to fry for 2 minutes. Pour a thin layer of water into the pan, cover, and reduce heat to medium-low. Allow dumplings to steam until the water has evaporated. Remove the cover, increase heat to medium-high and allow to fry for a few more minutes, until the bottoms of the dumplings are golden brown and crisp.

Serve with soy sauce, Chinese black vinegar, chili sauce, or other dipping sauce of your choice!

We also talked about tea eggs. We will not eat these in class, but here are the ingredients and a video of how they are made. Eggs, soy sauce (Kikkoman brand), cinnamon stick, two bags of black tea, brown sugar and two star anise spice. Here is a video that I showed the kids. <https://www.youtube.com/watch?v=7upT3vzJt0M>

Just a reminder, I have a website which includes the current newsletter, recipes, calendar, fun links, and documents. To get to my website, go to www.avcultura.weebly.com You can also email me at: whillary@fhps.net Zài jiàn!

Sinceramente,

Sra. Hillary