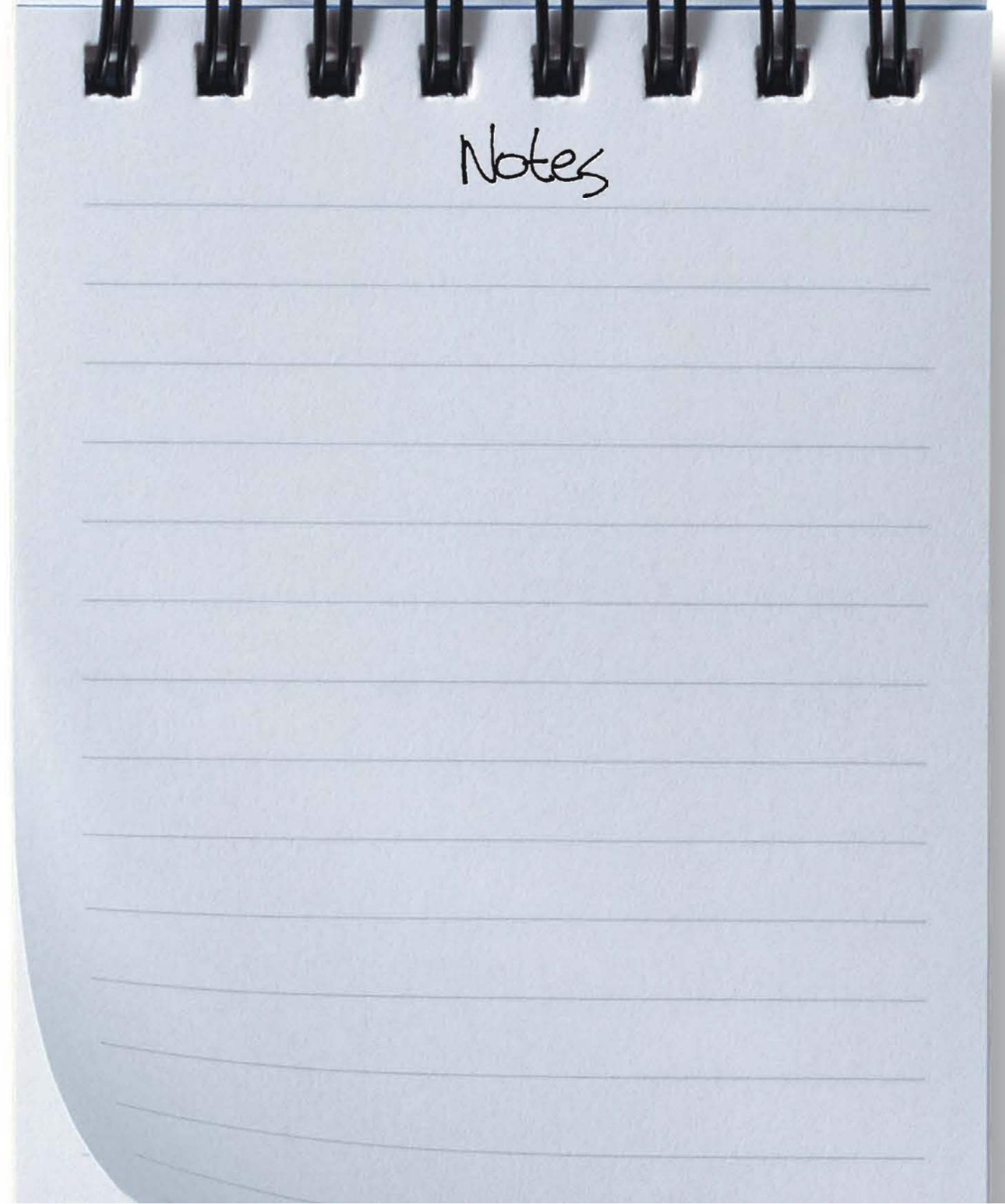


**Cabbage Dumpling**  
包菜饺子



# Cabbage Dumpling

## Ingredients (About 20 pieces)

### For the Wrappers

All-purpose flour	4 cups
Water	2 cups
Salt	1/3 teaspoon

### Filling:

Chopped cabbage	2 cups
Minced chicken meat	1 cup
Salt	1/4 teaspoon
Sesame oil	1/2 teaspoon

## Preparation Method

- Mix the flour, salt, and water in a large bowl until a nice, smooth dough. (Let the dough rest for 10 min)
- Roll the dough into cylinders (about 1 inch in diameter). Cover them with wet towel and set aside.
- Wrapper: Cut the dough into 1/4-inch length and use a rolling pin to flatten it until it becomes a round shape about 3 inches in diameter.
- Chop cabbage into small pieces. Mix the cabbage with the minced chicken meat and add all the ingredients in Filling. Stir to combine well.
- Put a small spoonful of filling into the center of the skin and seal it up tightly with your fingers. (No pleating is needed for this recipe). Repeat the same until you use up all the ingredients.
- Bring a pot of water to boil. Drop the dumplings into the boiling water and cover the pot. As soon as the dumplings start to float (meaning they are cooked), Dish them out using a strainer onto a serving platter.

# 白菜饺子

## 材料（大约二十粒）

### 饺子皮

面粉	4杯
水	2杯
盐	1/3茶匙

### 馅料

切碎的白菜	2杯
鸡肉碎	1杯
盐	1/4茶匙
麻油	1/2茶匙

## 烹调方法

- 面粉加盐搅拌均匀，再慢慢加水和成光滑的面团。面团尽量和硬一点，醒半10分钟再用。
- 将面团揉搓成圆形的长条，切成均匀的小剂子（直径约1英寸）；用湿毛巾盖住它们并放在一边。
- 饺子皮：将面团切成1/4英寸长，用擀面杖将其压平直至成为直径约3英寸的圆形的饺子皮。
- 将卷心菜切成小块。将卷心菜与切碎的鸡肉混合并在灌装中添加所有成分。搅拌均匀。
- 将一小勺填充物放入皮肤中心，并用手指将其密封。（这个配方不需要打折）。重复同样的步骤，直到你用完所有的配料。
- 烧开一壶水。将饺子放入沸水中并盖上锅盖。一旦饺子开始漂浮（意味着它们被煮熟），将饺子捞起并将它们放在一个盘子上。