

Chinese Dumplings



Chinese boiled dumplings are not only
delicious to eat but also easy to make



People like eating dumplings for their being like the golden yuanbao



1st * make the filling



- ◆ Choose your favorite meat, say pork, beef ,or mutton, chop it up and mix it with chopped yellow scallions or cabbage .
- ◆ Meanwhile you had better put in seasonings such as salt, soy sauce, pepper, sesame oil, chopped green onion and ginger to get your favorite flavor.
- ◆ Stir the ingredients in a container well to make them evenly mixed.

2nd * make the dough



- ◆ Measure your wheat flour to go with the filling, put it in a container , pour water bit by bit, stir it strenuously to make it sticky , then let it rest for about 20 minutes.
- ◆ After that you can cut part of the dough and put it on pasty board, knead it and cut it into small pieces .
- ◆ Press each piece with palm of your hand slightly and then roll it with a rolling pin into a round piece.

3rd * Fold the Dough



- ◆ hold a dough piece horizontally in your left hand, put a suitable amount of filling onto the central part, fold the side around the filling,
- ◆ press the upper-central part of it firmly and make firm and nice lace from left to right around the fold edge to make your finished product better- looking and free from leakage.

Have boiled ,hurry up !
let's eat !



Chinese make dumplings when family or friends are together on holidays



You just imagine the heartening talk and intimate atmosphere created while people are sitting together to make dumplings!



饺子已有一千多年的历史，历代曾叫牢丸、水角、馄饨、饽饽等。后来怎么叫饺子呢？饺子的原名叫“角”，“粉角”即用面粉做的角，“水角”指用水煮的角，因北方人发“角”“饺”相似，后来就说成“饺子”了。北方人为何要在年三十晚上吃饺子呢，一是取其谐音，“更岁交子”，在半夜旧岁刚过已交新年子时吃它，喻辞旧迎新。二是取其吉形，因饺子酷似元宝，喻“国泰民富”。

◆ 包饺子