

How to Make Lamb Dumplings

Ingredients:

- 1) 500g of lamb mince
- 2) 1 courgette
- 3) 3 spring onions
- 4) 400g of flour
- 5) 2 Tbsp of sesame oil
- 6) 1 Tbsp of ginger oil
- 7) 3 Tbsp of soybean sauce
- 8) Pinch of salt , white pepper, Chinese five spice

Step 1. Prepare the fillings

- Chop the spring onions and shred the courgetti
- Mix with lamb mince in a large bowl.
- Add sesame oil, ginger oil, salt white pepper, Chinese five spice, soybean sauce and mix well.

Step 2 prepare the dough

In a bowl, mix the flour and water and knead into a dough. Let it rest for about one hour.

Step 3 make dumplings

Roll out the dough into a long roll. Cut off pieces about 1 inch wide. Roll up the pieces into balls. Press them down flat, and roll them out into circles. Take the dumpling skin in your hand, and spoon a small amount of filling into the center. Fold the edges together in half and pinch closed.

Step 4 Boil the dumplings

Boil a pot of water, and gently add the dumplings into the water. Once they start to bulge a bit and become slightly translucent, take them out and serve.