

HOME-STYLE DIM SUM

EVERYBODY IS GOING
OUT FOR IT, BUT
IT'S JUST AS FUN TO
MAKE YOURSELF

*Mushroom
potstickers*

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Pork and shrimp dumplings (Shu mai)

Naked shrimp and chive dumplings

Spicy rice balls



THE BROWN SUGAR AND
SOY SAUCE MARINADE
COOKS DOWN
INTO A STICKY,
DELICIOUS SAUCE

*Foil-wrapped ginger
chicken*

DIM SUM MADE LIGHT AND SIMPLE

THESE FRESH, EASY VERSIONS of dim sum standouts can be made together for a casual but festive feast, or individually, as great little hors d'oeuvres or appetizers.

Mushroom potstickers

Instead of the traditional ground pork, these potstickers are stuffed with finely chopped mushrooms, giving them a rich, earthy flavor.

PREP AND COOK TIME 1½ hours

MAKES 36 potstickers

NOTES Find dried *maitake* and wood ear mushrooms in Asian markets, and oyster mushrooms at well-stocked grocery stores. Gyoza wrappers (which are round, instead of square like won ton wrappers) are in the refrigerated section of most grocery stores.

1.5 oz. dried mushrooms, such as maitake, wood ear, or oyster (see Notes)

2 to 4 tbsp. vegetable or canola oil, divided

8 oz. fresh shiitake mushrooms, finely chopped

1 tbsp. minced shallot

1 garlic clove, minced

½ tsp. salt

About 1 tbsp. soy sauce

About 2 tsp. toasted sesame oil

1 egg, beaten

36 gyoza (round Japanese potsticker) wrappers (see Notes)

1. Put dried mushrooms in a bowl, cover with 2 cups boiling water, and let sit until tender, about 30 minutes. Drain, reserving soaking liquid; finely chop mushrooms.
2. Heat 1 tbsp. oil in a large frying pan over medium-high heat. Add shiitakes and cook, stirring occasionally, until they start to release their liquid. Add shallot, garlic, and salt. Cook, stirring, until fragrant, about 30 seconds. Add dried mushrooms and ½ cup soaking liquid. Cook, stirring, until liquid has evaporated, 3 minutes.
3. Transfer mixture to a large bowl and let cool to lukewarm. Stir in soy sauce and sesame oil; add more if you like. Stir in egg.
4. On a clean work surface, lay down a wrapper. Put about 1 tbsp. mushroom mixture in the center. Dampen edges of wrapper with water, fold in half, and seal (see “Techniques,” right). Put dumpling on a baking sheet or dry work surface. Continue with rest of wrappers and filling.

5. In a large nonstick frying pan, heat 2 tsp. oil over medium-high heat. Place as many dumplings in pan as will fit without touching. Cook until bottoms of dumplings are brown, 2 to 3 minutes. Add ¾ cup reserved soaking liquid or water, cover, and cook until liquid is absorbed and bottoms are sizzling again, 3 to 5 minutes. Transfer to serving dish and repeat with remaining dumplings. Serve hot or warm.

PER POTSTICKER 35 CAL., 40% (14 CAL.) FROM FAT; 0.4 G PROTEIN; 1.5 G FAT (0.2 G SAT.); 4.2 G CARBO (0.3 G FIBER); 88 MG SODIUM; 5.9 MG CHOL.

Foil-wrapped ginger chicken

The brown sugar and soy sauce marinade tenderizes the meat and cooks down into a sticky, deliciously savory sauce.

PREP AND COOK TIME 1½ hours, plus at least 1 hour of chilling time

MAKES 8 servings

1 tbsp. each soy sauce (regular) and dark brown sugar

1 tsp. dark soy sauce

One 1-in. piece ginger, peeled and cut into thinnest possible slivers

1 lb. boned, skinned chicken thigh meat, cut into bite-size pieces and strips

2 green onions, cut into 2-in. lengths and then into slivers

Freshly ground black pepper

1. In a large bowl, combine soy sauce, brown sugar, dark soy sauce, and ginger. Add chicken, toss to coat, cover, and chill for at least 1 hour and up to overnight.
2. Preheat oven to 375°. Lay out 8 pieces of aluminum foil, 6 to 8 in. long each. Put ⅓ of the marinated chicken in the middle of each. Top chicken with green onions and sprinkle with pepper. Fold 1 side of foil over the chicken to cover it, fold opposite side of foil over first fold, and then fold in each end once to seal and create a little packet.
3. Lay packets on a foil- or parchment-lined rimmed baking sheet (packets will leak while cooking, and the marinade is difficult to clean up once it cooks onto a pan). Bake until chicken is cooked through and marinade is reduced and starting to caramelize in each packet, 45 to 60 minutes. Serve hot or warm.

PER SERVING 77 CAL., 26% (20 CAL.) FROM FAT; 11 G PROTEIN; 2.2 G FAT (0.6 G SAT.); 2.3 G CARBO (0.1 G FIBER); 234 MG SODIUM; 47 MG CHOL.

TECHNIQUES



Just fill and seal, or roll into balls

POTSTICKERS Fold wrapper, edges dampened, up around filling; pinch closed. At one end, form a ¼-in. pleat and pinch it flat. Pleat to other end.



RICE BALLS Roll each dumpling into a ball. Pour rice into either a shallow bowl or a small plate with slightly raised edges; then roll balls in rice.



SHU MAI Brush edge of wrapper with egg and pull up around filling; pinch pleats into place around filling and either flatten them or leave as is.

Sauces for dipping

CLOCKWISE FROM LOWER LEFT Asian chili paste, soy sauce, Asian chili oil, Chinese hot mustard, and (in center) Chinese black vinegar, available at Asian markets or in the Asian food section of large grocery stores.



Quick tip

How to steam dim sum

Measure your steamer basket and choose a pot with a diameter at least 2 in. wider. To keep dumplings from sticking, cut a circle of parchment paper 1 in. smaller in diameter than the basket (so steam can flow up around the edges) and fit it in. Pour enough water into pot to come 1 in. up side and bring to a boil over high heat. Fill basket with dim sum first, then set it in the pot. Cover and cook, adding hot water as needed.

Spicy rice balls

Often known as “porcupine balls,” these dumplings aren’t common on dim sum carts, but their intense flavor and easy preparation made them a hit in our test kitchen.

PREP AND COOK TIME 40 minutes, plus 2 hours of soaking time for rice

MAKES About 32 dumplings

½ cup short-grain, sweet, or sticky rice

½ lb. ground pork

1 egg

2 tbsp. soy sauce

½ tsp. sugar

5 green onions, finely chopped

One 1-in. piece ginger, peeled and finely shredded (about 1 tbsp.)

1 bird’s eye or serrano chile, seeded and minced

1. In a medium bowl, soak rice in 2 cups water for 2 hours. Drain; put on a plate.

2. In a medium bowl, combine pork, egg, soy sauce, sugar, green onions, ginger, and

chile. Cover and chill until rice is ready.

3. Divide pork mixture into 32 pieces. Roll into balls, then roll balls in rice (see “Techniques,” page 97). Put balls in parchment-lined steamers (see “How to Steam Dim Sum,” left). Cook until rice is tender and pork is cooked, about 10 minutes. Serve immediately.

PER BALL 29 CAL., 38% (11 CAL.) FROM FAT; 1.7 G PROTEIN; 1.2 G FAT (0.4 G SAT.); 2.7 G CARBO (0.1 G FIBER); 70 MG SODIUM; 11 MG CHOL.

Pork and shrimp dumplings (Shu mai)

Shu mai typically have flattened pleats, but you can also leave them unflattened if you want a star shape (see photo, page 97).

PREP AND COOK TIME 45 minutes

MAKES 24 dumplings

½ lb. ground pork

¼ lb. peeled deveined shrimp, chopped

3 green onions, finely chopped

One 2-in. piece ginger, peeled and finely shredded (about 2 tbsp.)

1 tbsp. rice wine, sake, or fino sherry

1 tbsp. soy sauce

24 gyoza (round Japanese potsticker) wrappers

1 egg, beaten

1. In a bowl, mix pork, shrimp, green onions, ginger, rice wine, and soy sauce.

2. On a flat, clean surface, lay out gyoza wrappers. Top each with about 1 tbsp. pork-shrimp mixture. Brush edges of wrapper with beaten egg and form dumplings (see “Techniques,” page 97). Put shu

mai in parchment-lined steamers (see “How to Steam Dim Sum,” far left).

3. Steam dumplings until cooked through, about 10 minutes. Serve immediately.

PER DUMPLING 49 CAL., 43% (21 CAL.) FROM FAT; 2.7 G PROTEIN; 2.3 G FAT (0.8 G SAT.); 3.3 G CARBO (0.1 G FIBER); 82 MG SODIUM; 21 MG CHOL.

Naked shrimp and chive dumplings

These simple dumplings are just the filling, no wrapper. Serve with soy sauce, ponzu (Japanese citrus sauce), or other dipping sauce.

PREP AND COOK TIME 30 minutes

MAKES 24 dumplings

½ lb. peeled deveined shrimp, divided

1 bunch chives, minced (about ⅓ cup)

In a food processor, whirl ¼ lb. shrimp until not quite a smooth paste. Add remaining ¼ lb. shrimp and pulse to chop coarsely. Pulse in chives. Divide mixture into 24 pieces. Roll each piece into a ball and place in parchment-lined steamers (see “How to Steam Dim Sum,” far left). Steam dumplings until cooked through, about 10 minutes. Serve immediately.

PER DUMPLING 20 CAL., 15% (3 CAL.) FROM FAT; 3.9 G PROTEIN; 0.3 G FAT (0.1 G SAT.); 0.2 G CARBO (0 G FIBER); 28 MG SODIUM; 29 MG CHOL.

Egg tarts

Egg yolk, sugar, and milk make a pleasingly dense filling for the light-as-air filo shells.

PREP AND COOK TIME 30 minutes

MAKES 15 tartlets

NOTES This recipe doubles or triples easily.

1 package frozen mini filo tartlet shells (15 shells)

1 egg white

3 egg yolks

2 tbsp. each sugar and milk

1. Preheat oven to 325°. Arrange shells on a baking sheet and defrost at room temperature, 15 minutes. Meanwhile, beat egg white until watery but not foamy.

2. With a fine-bristle pastry brush, generously brush inside of shells with egg white, gently working it into crevices. Bake until white is set, about 5 minutes.

3. In a large measuring cup (or other vessel with a spout), whisk yolks, sugar, and milk to combine. Skim off and discard any foam on top of the mixture and let sit 5 minutes (this will ensure tarts with sunny, shiny tops). Pour into shells and bake until set, 8 to 10 minutes.

PER TART 41 CAL., 46% (19 CAL.) FROM FAT; 1.3 G PROTEIN; 2.1 G FAT (0.4 G SAT.); 3.8 G CARBO (0 G FIBER); 14 MG SODIUM; 43 MG CHOL. ■



Egg tarts

EGG YOLK, SUGAR,
AND A BIT OF MILK
MAKE A PLEASINGLY
DENSE FILLING FOR THE
STORE-BOUGHT LIGHT-
AS-AIR FILO SHELLS