

Activity Information

This information will be shared on the MechE Summer X 2020 website

Title: Chinese Dumpling Making

Instructor name(s): Charlene (Chuck) Xia

Instructor email(s): cxia_1@mit.edu

Brief bio of instructor(s) (optional): Food and cooking enthusiast

Description of the activity (up to 250 words): Have you ever tried making dumplings from scratch on Chinese New Year and ended up calling your parents for help? Tired of frozen dumpling packages? Or just curious on how to make those amazing little packages of deliciousness? Learn to impress your parents, your friends and your own taste buds with your dumpling making skill. Starting with homemade wrapper to mixing the traditional filling (pork and vegan options!) to steam, boil or fry. Pass down this traditional skill to the next generation!

Participant preparation: None.

Materials, tools, or other requirements:

Tool: Standard kitchen equipment, pots and pan, mixing bowls x 2, knife, cutting board, rolling pin, saran wraps or clean cotton towel, plates.

Material: (Making about 40-50 dumplings)

Wrapper: All-purpose flour – 250 grams, water – 120 grams. If you don't feel like making the wrapper, feel free to purchase premade wrapper.

Meat filling: Egg x 1, Ground Pork 0.5 to 1lb, Chinese Chive 0.5lb (or Napa Cabbage), Garlic, Ginger, Salt, Pepper, Soy Sause (Optional: A little bit of shrimp or fish, or anything you want!)

Veggie/Vegan filling: Carrot x 1, Shiitake Mushroom 0.5lb, Chinese Chive 0.5lb, Five-spice dry Bean Curd x 1 package, Garlic, Ginger, Salt, Pepper, Soy Sause (Optional: Rice noodle, KimChi, wood ear mushroom, really anything you want!)

(Optional: Hoisin Sause, sesame oil, white pepper powder)

Specific safety considerations: Handling knife, stovetop and hot water.

Enrollment limitations: None. Everyone gets dumplings.

Activity schedule: [Fill the table below. Add additional rows if needed. Delete the exemplary information filled in the first two rows.]

Session No.	Topic	Date	Start time	Duration
Session 1	Dumpling Making	June 28, 2020	9:00 AM	4:00 h