



Food for Thought
A Life in Four Courses

Jingjing's Dan Jiao (Egg dumplings)



This family recipe was provided by Food for Thought participant Jingjing Shen and her mother Qun Zhao.

“Egg dumplings are part of The Blessed Whole Family dish and the most special occasion to eat this dish was at New Years’ time. I really liked eating egg dumplings so every time my mother made them, I would sit on a small chair beside her and I would help.” JINGJING SHEN

Ingredients

150g minced pork	1 carrot
8 teaspoons of oil	10g ginger
1 teaspoon of soy sauce	2 tsp corn flour
5 teaspoons of water	2 eggs
2 teaspoons of cooking wine	Salt (to taste)
3 spring onions	

These are only basic ingredients and you can add more things such as mushrooms, coriander, prawns etc. depending on your taste.

Method

Put oil, soy sauce, salt, water, cooking wine into a bowl with your minced pork. Mix them evenly, and leave for about 10 minutes.

Chop the spring onion, carrot, and ginger into very small pieces and mix them with your minced pork. This will be the filling for your egg dumplings.

Mix the corn flour with 2 teaspoons of water and stir. Beat the eggs, add a bit of salt and mix them with the corn flour mixture.

Use a small frying pan to make your egg dumpling skin. Brush some oil to your pan, and pour 1 spoonful of the egg mixture to make an egg pancake. Please remember to make it into a thin layer.

Put some of the filling onto the egg dumpling skin and fold it into half. Make sure that it sticks together. Remove from the pan and put on a plate. Repeat the process until all the egg mixture is finished.

Steam the egg dumplings for around 7 minutes to ensure the filling is fully cooked.

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