



Homemade Dumplings Virtual Cooking Class Ingredient List

Makes about 8-10 dumplings

Tools Needed

- Rolling Pin, Wine bottle, or Kitchen Aid Pasta Sheeter Attachment (to roll out dough)
- A circular glass, circular container lid, or circle cookie cutter with roughly a 3.5 inch diameter
- A sauté pan/skillet with a lid (preferably non-stick)
- Mixing bowls
- Measuring cups and spoons
- Large cutting board to roll dough (you can also roll straight onto your countertop)
- Plastic wrap or Tupperware container
- 2 spoons/spatulas for mixing
- 1 towel/paper towel to wipe your hands

Ingredients

Dough

- 2/3 cup all-purpose flour (make sure to level off measuring cup)
- 1/4 cup hot water
- 1/2 tsp salt
- Canola/vegetable oil for searing the dumplings

Filling

- 1/2 cup ground pork or turkey (extra firm tofu works also)
- 1/8 cup minced onion
- 1/8 cup minced/grated green cabbage
- 1/8 cup of minced/grated carrot
- 2 cloves minced garlic
- 1 tsp fresh cracked black pepper
- 1 tbsp thinly sliced scallion
- 1 tsp minced ginger
- 1 tbsp soy sauce
- 1/2 tbsp sugar

Dipping Sauce

- 2 tbsp soy sauce
- 1 tsp vinegar apple cider vinegar or Chinese black vinegar
- 1 tsp minced ginger
- 1/4 tsp sesame seeds

*****PLEASE HAVE ALL VEGETABLES CHOPPED BEFORE THE CLASS BEGINS. FEEL FREE TO MINCE VEGETABLES IN FOOD PROCESSOR TO SAVE TIME. I WILL DO A DEMONSTRATION ON HOW TO PEEL AND CUT GINGER. PREP TIME WILL TAKE 15-20 MINUTES. THANKS!*****

Note: This recipe will serve about 1-2 people as an appetizer. Double the recipe to have as an entree. Please measure out everything ahead of time to make it easier to follow along. The filling freezes very well if you would like to make a large batch and use it for a later date.





The Story of Hem and Her

Hem and Her is brought to you by Santana Hem. Santana was born and raised in Springfield, VA. The son of Cambodian immigrants, he grew up loving all things food. Jacques Pepin and Julia Child ruled the television over Bert and Ernie. A chubby kid at heart, Santana will be the first to tell you how he spent his Saturday mornings by rolling, and likely stealing tastes of, pork buns, dumplings, and spring rolls with his mother, Vichheka. He watched her with bright eyes and a bottomless stomach. The “Her” in Hem and Her, Vichheka is as resourceful and creative as they come and is the inspiration behind the project. A refugee of the Khmer Rouge, she will undoubtedly shock you with her ability to cook a delicious meal with whatever she can find - with some hospitality to boot! In a culture where mother and child often do not share the same native language, food is how Cambodians show love.

While Vichheka always loved having Santana in the kitchen, she wanted more for her son. The majority of Cambodian refugees living in America today lack a formal education and work shift-work jobs to feed their families. So, at his parents’ urging, he became the first person in his immediate family to attend college. He studied finance at Virginia Tech and landed a corporate gig right out of school. That chubby little Asian kid was now a college grad with a steady income, and his parents were ecstatic.

However, Santana was not cut out for the corporate world. After a year of working, saving, and cooking for free on the weekends, he quit his job and moved to New York City to work as a line cook for David Chang’s Momofuku Ssam Bar. After a stint there, he moved on to serve and cook at Danny Meyer’s Italian restaurant, Marta, and Tom Colicchio’s flagship restaurant, Craft. At those locations he gained vast knowledge not only in European and Modern American cuisine, but also in wine and fine-dining service.

With this experience Santana will be able to provide you knowledge about any cuisine. From Asian, French, Italian, or Modern American cuisine, the options for informative lessons are endless. He cannot wait to cook and share his love of food with you!

HemandHerFood.com

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