

Omelette Dumplings



Preparation time: 30 mins

Serves: 3 people

User Rating: ★★★★★

Publication: 11 February 2021

Categories: Quick & Easy, Pantry and Fridge Staples, TikTok Recipes, Dinner Recipes, Entertaining

These egg-wrapper dumplings are often eaten cooked in soup across China and are perfect for ringing in the Lunar New Year. The egg wrappers double down on prosperity with dumplings already representing the shape of gold ingots, the gold colour only adding to it.

Recipe by Camellia Ling Aebischer



Ingredients

For the wrappers

8 eggs

4 tbsp cornflour

For the filling

200g lean pork mince

2 cloves garlic, grated

Thumb-sized knob ginger, grated

4 spring onions, finely sliced

2 tbsp low salt soy sauce

1 tsp sesame oil

2 tbsp Shaoxing cooking wine (or a little stock)

Chilli oil and soy sauce, to serve

To Serve

2 serves of boiled vegetables per person (e.g. broccoli, peas, asparagus & carrot)

Method

1. Add a little water to cornflour to make a paste then, in a large jug, whisk through eggs.
2. Make the filling by mixing all ingredients in a bowl and massaging them together with your hands. This will create a springy/juicy texture of the filling.
3. Lightly oil a pan over low-medium heat and pour about a tablespoon of the egg mix to make a circle. Once the bottom of the egg has set but the top is still a bit sticky/wet, add a small teaspoon of filling to the middle of the wrapper then fold one side over to encase it, making a semi-circle.
4. Seal the edges by gently pressing them with a spatula.
5. Once the edges are set, place the dumplings to the side. They won't be fully cooked yet, just continue til you've used up all the mix.
6. Add the dumplings back to the pan and pour in the Shaoxing. Cook for 5 minutes, flipping halfway, or cover with a lid to steam through.
7. Serve with a good drizzle of chilli oil and some soy sauce to dip on the side as well as 2 serves of boiled vegetables.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Fibre
387g	1640kJ 392kcal	33.7g	19.8g	5.8g	15.9g	6.1g	5.2g

All nutrition values are per serve.