

Vherokior Freedom Day Cattle Dumplings

Submitted by Kuan Yida



The finished dumplings are traditionally presented in the shape of the Minmatar Tribal symbol.

These dumplings come in many forms but since the rarity of pigs to Vherokior clans Cattle has become the staple meat for these. Other ingredients include Spiced Wine of various origins, and Vherokior Medicinal Herbs, which can be tricky to obtain* (see notes)

The preparation of these is considered a family activity, with all family members pitching in on preparing the wrappers and filling.

This recipe prepares four servings of about 12-15 dumplings each (60 dumplings).

Ingredients

1 lb ground cattle meat, fatty (regular--NOT lean!)

1 ½ cup chicken stock

½ cup finely chopped celery

1 tbsp. peanut or grapeseed oil + 4 teaspoons for frying

1 tbsp. light soy sauce

1 tsp. sesame oil

1 egg

1 tbsp. corn starch + 4 more teaspoons for steaming / crispy crust

1 tsp. sugar

1 tsp. sea salt

1 tbsp. Spiced Wine (sake or sherry will do)

Vheriokior Medicinal Herbs:

1 tbsp. Sichuan peppercorns*

¼ tsp. white pepper

1 tssp. grated ginger

¼ cup chopped scallion white

¼ cup minced cilantro (aka coriander)

Wrappers**:

4 ½ cups white flour + more for rolling out dumpling wrappers

2 cups water, boiling

*Due to the magic of the interwebs, this can be readily obtained online:

https://www.amazon.com/dp/B071CX48ZS/ref=sspa_dk_hqp_detail_aax_0

**You can obtain pre-made wrappers, but part of the wonder of this dish is the homemade pasta. Please take the effort to make these by hand!

Prepare the dumpling dough

You can also use a kitchen aid with a dough hook for this process.

1. Boil 3 cups of water
2. Place 4 ½ flour in a medium bowl.



3. Add boiling water



4. Stir until mixed; don't worry about making it even just yet. Let cool until you can handle the dough and start on prepping the other ingredients (see below).



5. Once the dough is cool enough to handle, knead it until smooth-ish (it won't be completely even, that's OK). This should take only 5 minutes or so of scraping and kneading.



6. Cover with a wet towel and let rest for at least 30 minutes

Make the Filling

1. Add 1 tbsp of Szechuan peppercorns to $\frac{1}{2}$ cup of boiling chicken stock



Let soak for 10 minutes, then strain out the peppercorns, reserving the flavored chicken stock.

2. Get your other ingredients ready



3. Finely mince 1 tsp of fresh ginger (about 4 thin slices)



4. Finely chop scallions $\frac{1}{4}$ cup scallions (both green and white, about 2-3 stalks, ends trimmed)



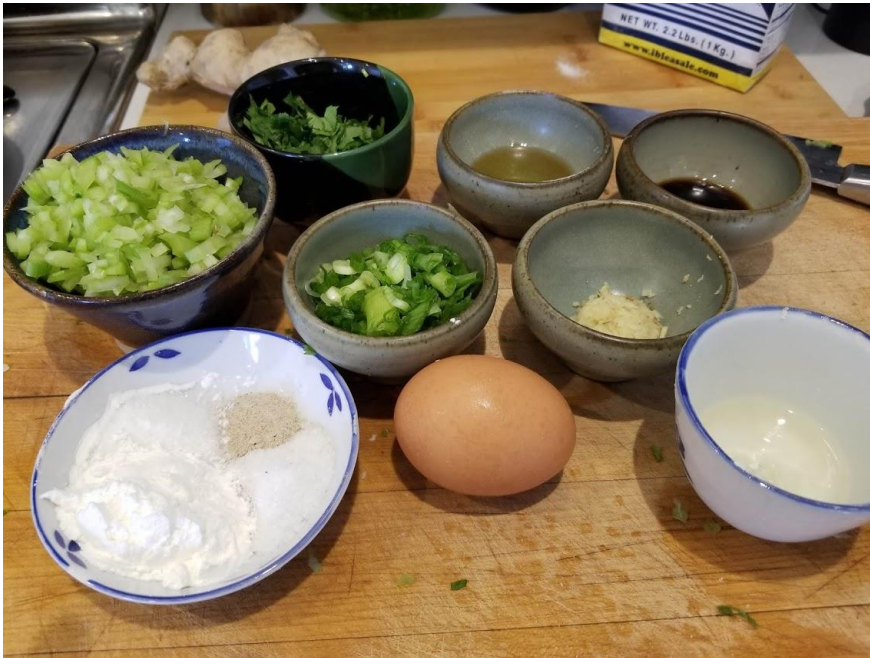
5. Finely chop $\frac{1}{4}$ cup fresh cilantro



6. Finely mince $\frac{1}{2}$ cup of celery. This is about 2 large stalks or 3 small ones. Cut into shorter lengths, cut into small sticks, then mince.



7. Completed ingredients!



8. Put 1 lb ground cattle meat in a medium bowl



9. Slowly mix in portions of the flavored chicken stock



10. When mixed in, add the spices and other wet and dry ingredients: salt, sugar, white pepper, corn starch, sesame oil, cooking oil, wine, and egg. Mix roughly.



11. Add the chopped celery, ginger, cilantro, and scallions, and mix thoroughly.



Roll out Dumpling Wrappers

1. After the dough is rested, divide it into four even portions.



2. Put one piece of dough on a floured board and roll it out into a snake about 1" (2+cm) thick



3. Cut into 2cm lengths, rolling the dough 90 degrees after each cut so the cut pieces are not flattened only on one side. You should have about 14 or 15 pieces.



4. Spread out the flour and flatten a piece cut side down with the palm of your hand, This should make it roughly circular



5. Take a thin rolling stick, and while holding the dough with one hand, roll up on one side of the wrapper, not quite to the center, while pulling with the other hand



6. Turn the wrapper about 45 degrees and roll again. Continue turning, rolling and stretching to shape and thin the wrapper



7. When complete the wrapper should be a circle about 8-9 cm in diameter. Repeat to roll out the remaining wrappers.



Wrap the Dumplings

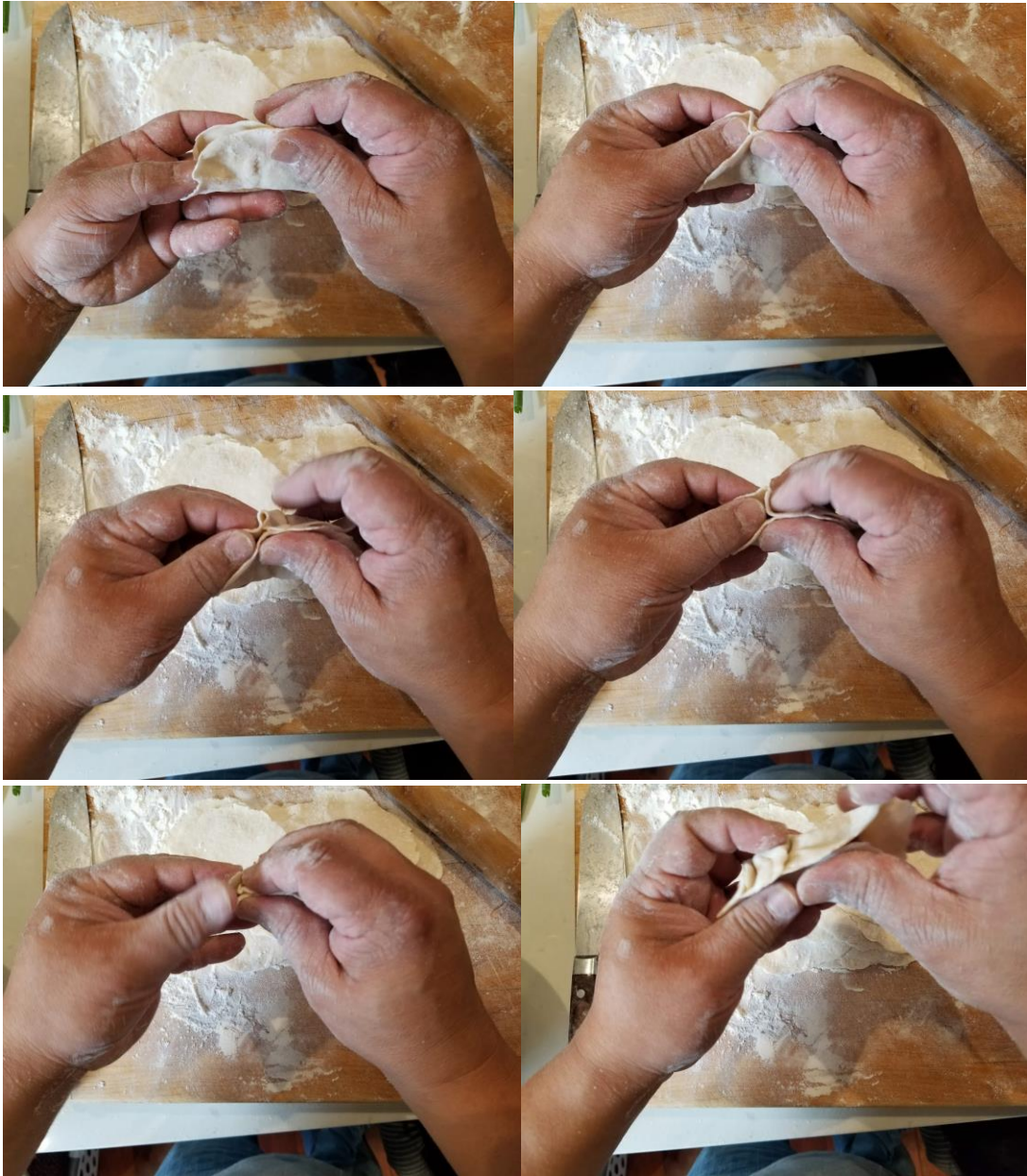
1. Holding a wrapper in one hand, scoop 1 tsp of filling and place into the center of the wrapper



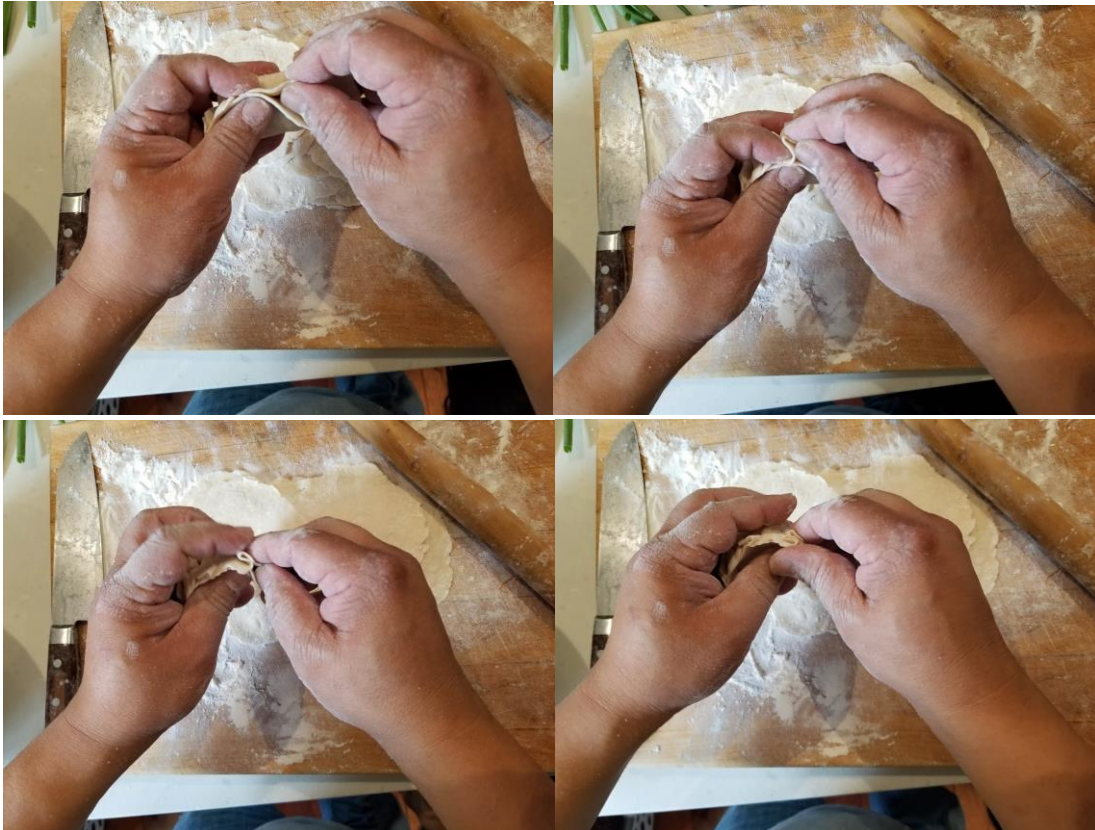
2. Fold the wrapper over in half and pinch



3. Now is the tricky part, to create the classic Vherokior dumping shape. Holding in one hand, grab only the back side of the wrapper, near the middle/top, and push it into a pleat, then pinch the pleat closed with the hand holding the wrap. Repeat until you have one half of the backside pleated and pinched



4. Now switch what your hands are doing, and on the same side push, pleat, and pinch in the other direction (the same back side of the wrapper).



5. Pinch around the edge one more time to seal it nice and tight, and you're done! Should look a bit like a traditional Vherokior gold ingot, or maybe just a seat pillow.





6. Repeat to fill the rest of the dumplings

Cooking the Dumplings

1. To a medium (7-9") NON-STICK pan that has a tight fitting lid, add 1 tsp of cooking oil and bring to medium-high heat



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3. Mix $\frac{1}{4}$ cup chicken stock with 1 tsp corn starch.



4. Arrange the dumplings in the shape of the Minmatar tribal symbol: Add about 6 dumplings together on one in a tight spiral, then add the remaining dumplings in a spiral

around the rest of the pan



5. Fry on medium high heat for about 2 minutes or until the bottoms are browning
6. Stir the corn starch chicken broth mixture and add to pan pouring around the edges evenly. Cover tightly and let steam on medium heat for 5 minutes.



7. After 5 minutes uncover and let cook an additional 1-2 minutes, or until all broth is cooked off.



8. Loosen the dumplings with a spatula so they move freely in the pan; try not to separate them at this point, they should be joined with a crispy crust. Cover the pan with a plate.



9. Holding the plate in place, quickly flip the pan over, and remove. Your finished dumplings can now be presented!



Serving Dumplings

Traditionally Vherokior dumplings are dipped into a mix of soy sauce, vinegar, and slivered fresh ginger.

