

LUNCHROOM WARS FINALE RECIPE

NAME OF RECIPE/DISH: Fresh from Florida Veggie Dumplings with Chutneys

(come up with a creative name for your finalist dish)

RECIPE CREDIT: Family Recipe

(self, grandma's name, name of cookbook and author, name of article and author, name of link)

INGREDIENTS WITH MEASUREMENTS:

Please mark the Florida items with an asterisk

Dumpling Filling:

cabbage (1 large)*
 carrot (1-2 large)*
 bell pepper (1-2 large)*
 red onion (1 large)*
 garlic (1 clove)*
 ginger (about 1 tsp. grated)*
 salt (to taste)
 black pepper (1/4 tsp.)
 black cardamom (1/4 tsp.)

Salsa Chutney:

tomato (1 large)*
 sweet corn (1 ear)*
 green onions (1-2, to taste)*
 cilantro (a few stalks)*
 lemon juice (squeezed from 1/2 lemon)*
 salt and pepper (to taste)

Walnut Mint Chutney:

walnuts (1/2 cup)*
 mint leaves (a few stems)*
 salt and pepper (to taste)
 chili pepper (optional)
 water (enough for a smooth paste)*

Dumpling Wrapper Dough:

4 cups of flour
 (mix of 1/2 whole wheat and 1/2 all purpose)
 water*
 (add in 1/2 cups until dough formed)

NOTES:

This is a vegan recipe. If you want dairy, you can substitute the water in the walnut mint chutney with yogurt for a creamier chutney.

Because this is a family recipe, I don't have exact measurements for a lot of the ingredients. You should decide how you like it to taste for spices like salt and pepper, or if you want spicy chili.

Number of servings	Prep time	Cook time	Total time
4	~ 50 min	~ 30 min	~ 80 min

DIRECTIONS: *(numerical order)*

Step 1: Prep Filling

- Wash all vegetables. Chop up all your filling vegetables into small pieces. Mince the garlic and grate the fresh ginger. Stir together vegetables and spices into a large bowl.

Step 2: Sauté Filling

- Sauté the filling mixture over high heat, stirring constantly, until all of the vegetables are soft. Set aside to cool.

Step 3: Make Wrappers

- Put flour into a bowl and add half cups of water slowly, mixing it together until you get a dough that is soft enough to knead, but firm enough to keep its shape and not be sticky. Roll the dough out until it is thin and cut out small circles with a cup.

Step 4: Fill Wrappers

- Take the cooled filling and put one spoonful onto a dough circle. For a crescent shaped dumpling, pinch the top end inwards into a "V" shape, then pinch from alternating sides going across the top; when you reach the end, close it. For a round shape dumpling, make one "V" shaped pinch on one of the edges of the circle and keep pinching the circle into the same place to gather it up together, then pinch the circle closed at the end.

Step 5: Steam Dumplings

- Put water in the bottom layer of the steamer and bring it to a boil. Spray oil on the bottom of the steamer basket so your dumplings will not stick on the pan. Put your dumplings in a circle in the steamer basket, making sure that there's a little space in between each one so they are not touching. Put the steamer basket over the boiling water and put the lid on top. Let the dumplings steam over boiling water for 20 minutes. Take off of the heat and let cool a few minutes before putting on a dish to serve.

Step 6: Make Chutneys

- Wash all of your herbs and vegetables.

Walnut Mint Chutney

- Put the mint, walnuts, salt, chili pepper (if you like spicy food) and enough water to make a smooth paste into the blender. Blend on high until smooth. Put in a bowl to serve.

Salsa Chutney

- Boil sweet corn and set aside to cool. Chop tomato, cilantro, green onion and corn together into a bowl. Mix in salt and pepper, then squeeze 1/2 lemon on top. Mix together and put in a bowl to serve.