

Culinary delights
with
PALM OIL

Mushroom, seafood and chicken taro dumplings



A vastly popular dim sum dish in Chinese cuisine that is often enjoyed during breakfast meals, taro dumplings are traditionally filled with seasoned meat. This recipe, however, breaks the mould, replacing meat with succulent bites of seafood and flavourful mushrooms that many will find difficult to not enjoy.

INGREDIENTS



FOR PASTRY

600 g yam
300 g wheat starch
300 g hot water
300 g palm oil based-shortening
7.5 g sugar
7.5 g salt
Pepper
Sesame oil

METHOD



To make the pastry

Peel the yams and cut them into smaller pieces. Set the pieces into a steamer to cook until soft for approximately half an hour. Meanwhile, place the wheat starch into a bowl and pour boiling-hot water over it. Stir well with a wooden stick.

Transfer the cooked yams and wheat starch into a food processor and mix until a dough is formed. Season the dough with sugar, salt, pepper and sesame oil, then set aside to cool.

Add in ammonia, than mix once more in the food processor. Once the colour begins to change, add in the shortening, then mix the dough until it turns fluffy. Remove to a tray, spreading it out, than leave to cool in the chiller.

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INGREDIENTS



FOR FILLING

- 1 no yellow onion, chopped
- 300 g chicken, cubed
- 100 g scallops
- 100 g crab meat
- 100 g prawns, cubed
- 50 g mushrooms, cubed
- 100 g green peas
- 1 tsp oyster sauce
- 7.5 g salt
- 26 g sugar
- Garlic, chopped
- Pepper
- Sesame oil
- Dark soy sauce
- Palm oil for deep frying

METHOD



To make the filling

Blanch the chicken, prawns, scallops, crab meat and mushrooms in boiling water, then set aside to cool. Sauté the garlic and onion, then stir in the blanched meats and mushrooms. Add in the green peas. Adjust the seasoning with salt and pepper, then thicken with potato starch.

Wrap the filling in the pastry sheets, then deep-fry until golden brown.