

Plant Based Vegan Dumplings with Tamarind Ginger Sauce

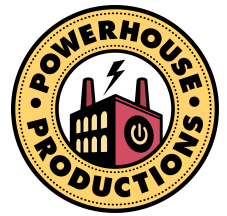
Recipe courtesy of Bren Herrera

Ingredients:

Olive oil
1 pound plant based beef
½ head napa cabbage, shredded
2 carrots, finely chopped
1 medium spanish onion, finely chopped
3 scallions, rough chop, additional for garnish
3 cloves garlic, finely minced
½ teaspoon ground ginger
½ teaspoon ground cumin
½ cup hoisin sauce
½ cup sodium free soy sauce
Pinch crushed red pepper
Salt for seasoning
Pepper for seasoning
1 package *vegan* dumpling wrappers
Vegan egg wash

Tamarind Ginger Sauce

1 teaspoon Tamarind paste
1 teaspoon grated fresh ginger
½ cup sodium free soy sauce
¼ cup hoisin sauce
1 tablespoon agave
1 teaspoon toasted sesame seeds
Salt *optional*



Method:

1. In a large saute pan over medium high heat add olive oil. Once it gets hot add in the plant based meat and sear for a couple minutes breaking it up with the back of your spoon.
2. Reduce the heat to medium and add in the cabbage, carrots, onion, scallions, and garlic and stir to combine. Cook until the vegetables are tender and begin to cook down.
3. Add the ginger, cumin, hoisin sauce, soy sauce, crushed red pepper and salt to taste. Stir and allow the mixture to reduce slightly so the liquid evaporates a bit about 4 minutes.
4. Transfer the filling mixture into a bowl and let it cool.
5. In the meantime create the dressing. In a medium bowl whisk together the tamarind, ginger, soy sauce, hoisin sauce, agave, and sesame seeds. Set dressing aside.
6. Assemble the dumplings: using a pastry brush the outer edges of the dumpling wrappers with vegan egg wash.
7. Scoop 2 teaspoons of the filling onto one half of the dumpling wrapper leaving about ¼” between the edge and filling. Fold the other half over and crimp the edges together using the back of a fork.
8. Heat a large saute pan over medium high heat and coat the bottom with a thin layer of oil, enough for pan searing.
9. Fry the dumplings on each side until golden. Remove to a plate with a paper towel to drain. Serve with *Tamarind Ginger Sauce* and scallions for garnish.

Chef B’s tip: if you do not want to pan sear you can steam the dumplings.