



PHOTOS: LIBERTY TIMES
照片：自由時報

NEW YEAR COOKERY CORNER 年菜食譜

Dumplings 水餃



Dumplings are great to eat at any time of year, but at New Year they take on a new significance. Dumplings symbolize prosperity because their shape is similar to gold ingots used in the past. In some places a coin is put in one of the dumplings, bestowing an extra slice of good fortune on the person lucky enough to find it!

水餃是一年到頭都可享用的美味，過年時食用更具意義。水餃因外型類似古代元寶，因此蘊含「豐裕」之意。有些地方的人會在餃子內包入一枚錢幣，吃到的人會好運旺旺來。

Ingredients:

680g flour
300ml water
1g salt
225g ground pork
15ml soy sauce
15ml rice wine
1g pepper
45ml sesame oil
Half an onion
300g shredded cabbage
60g shredded bamboo shoots
Two slices of minced ginger
One clove of ground garlic

材料：

麵粉680公克
水300毫升
鹽1公克
豬絞肉225公克
醬油15毫升
米酒15毫升
胡椒粉1公克
麻油45毫升
洋蔥半顆
高麗菜300公克切碎
竹筍60公克切碎
薑2片切末
大蒜1小粒切末

First we will make the dough. Add the salt to the flour and mix it in. Slowly pour in the water. The biggest mistake you can make is not adding the right amount of water, so stop pouring once the dough has a nice consistency. Cover the dough and put it to one side.

Put the rest of the ingredients in a bowl and stir slowly until they are all mixed together.

Bring out the dough again and knead it until it gets soft. Divide the dough into small circles. Add some filling, fold the dough over and squeeze it closed with your fingers. If you want to add a coin, now is the time to do it.

To cook, boil the water then add the dumplings. When the water comes back to the boil add 125ml of cold water. Repeat two more times. Remove your dumplings and serve. If you put a coin in any of your dumplings make sure you tell your guests before they start eating!

首先要揉製麵團。先把鹽倒入麵粉中調和，再慢慢加水。注意拿捏加入的水量，等麵團達到理想的軟硬度，就別再加水。把麵團蓋起來，放置一旁。

把其餘材料放入碗中，慢慢攪勻。

取出麵團，揉捏到變軟。把麵團分成一張張圓形小麵皮。包入內餡。對折麵皮後，用手指摺合開口。若想包入錢幣，可以趁現在。

烹調方式是先把水煮滾後加入餃子。等水又沸滾時，加入125毫升的冷水，重覆此步驟兩次後，就可把餃子撈起、準備上桌。若餃子內有包入錢幣，務必在客人大快朵頤前告知！

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