

台灣美食實作參考資料

手工水餃製作

材料:

水餃皮 90 張

:精選後腿瘦肉，12 兩(需絞細)

肥肉 4 兩(需絞細)

高麗菜 2 到三斤(需切碎)

Ingredients:

90 pieces of dumpling wrappers

600 grams of ground pork (hindleg which is lean)

200 grams of ground pork (fat meat)

1000 to 1500 grams of chopped cabbage

調味料:

醬油，鹽，胡椒粉，薑，紅蔥油酥，香豬油，以上調味料多寡皆可依個人口味條配。

Seasoning:

Soy sauce, salt, pepper, ginger, redden onions, pork oil, and vary in amount.

作法

普通餃 3：木魚形包法

沒有褶子，薄皮大餡為宜。手彎窩形，放餡，對摺成半圓，捏牢中間;由兩邊向中間封口，雙手拇指和食指按住邊，同時微微向中間輕輕一擠，中間鼓起成木魚形。

Procedure of making a wooden-clapper-shape dumpling

1. Grab a dumpling wrapper.
2. Put it on your palm.
3. Scoop up some filling with a spoon.
4. Put it in the middle of the wrapper.
5. Lift up one side of the wrapper.
6. Fold it over the filling.
7. Press the top and middle part of the wrapper.
8. Press it tightly from two ends by using both thumbs and forefingers.
9. Slowly move and press from two ends to middle.
10. A wooden-clapper-shape dumpling is done.

