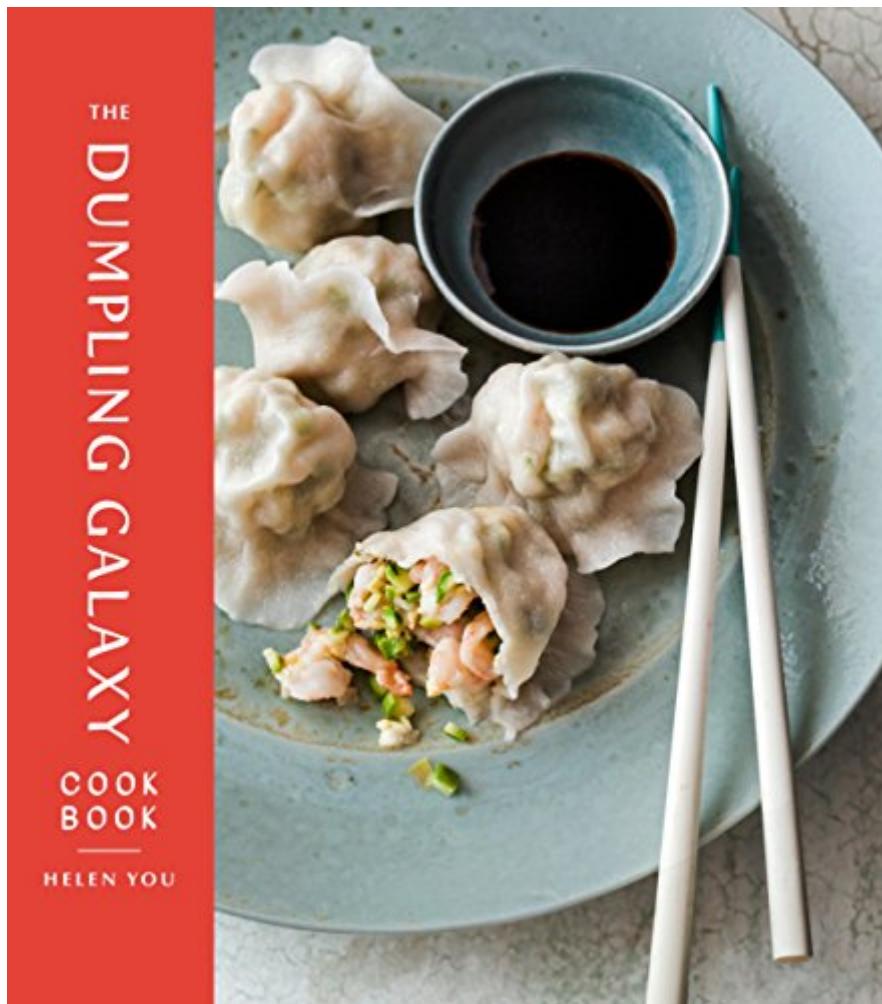


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# The Dumpling Galaxy Cookbook



## Synopsis

"Flushing jiaozi master Helen You's guide to what many consider the best shuijiao (or boiled Chinese dumplings) in town." -- New York magazine From the restaurant where adventurous foodies get the freshest dumplings in New York City, comes the ultimate Chinese cookbook with 60 recipes for classic and unexpected dumplings and dim sum-like side dishes. New York Times critic Pete Wells calls Helen You "a kind of genius for creating miniature worlds of flavor" and, indeed her recipes redefine the dumpling: Lamb and Green Squash with Sichuan pepper; Spicy Shrimp and Celery; Wood Ear Mushroom and Cabbage; and desserts such as Sweet Pumpkin and Black Sesame Tang Yuan. With information on the elements of a great dumpling, stunning photography, and detailed instructions for folding and cooking dumplings, this cookbook is a jumping-off point for creating your own galaxy of flavors.

## Book Information

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## Customer Reviews

This is a charming little cookbook--nicely designed, even witty in its endpapers and illustrations. The recipes are well written, easy to understand, and in many cases illustrated in a series of how-to photographs. Helen You and her co-writer Max Falkowitz want you to learn about making dumplings

from scratch--no previous experience is necessary. That doesn't mean that making dumpling dough is easy--we found that it is not. It takes strong hands, lots of time and patience, but the fillings are light and tasty and we think that with practice making the dough and shaping the dumplings will get easier. Meanwhile, you'll have fun. (If you're in NYC, do take the 7 train to Main Street Flushing to Mrs. You's restaurant. It's a treat!

If you're new to folding dumplings, Kenny Lao's 'Hey there Dumpling ...' gives much better explanations and illustrations. All in all, this is a pleasant little book but in no way definitive. I realise that this book is intended to represent the dumplings of the author's restaurant. However, it is highly unlikely that I will ever eat there. Consequently, my review is based on the book solely as a cookbook on dumplings.

So, I wanted to love this book. I have been looking for a Xiao Long Bao recipe and this one looked so easy and reasonably tasty. Unfortunately, it doesn't taste very good since it relies on the meat for the flavor and not a rich aspic. The rest of the seasonings don't carry the recipe. The other instructions in the book are good and clear. There are some interesting flavor combinations that I'm going to try, just was disappointed that the XLB recipe wasn't very good.

Love it!

Lots of great ideas, but the proportions in some recipes seem insanely off. Use common sense. The soup dumplings need about 2 cups of the gelatin mix (I believe the recipe calls for 14 cups) and are inedible at half the ginger amount stated. I sort of saved them by cutting the gelatin amount in half then freezing most of it and adding a lot of chopped greens to drown the ginger. I love ginger. Definitely fry or microwave a sample before you stuff dozens of dumplings and realize they are inedible. That said, there are lots of tasty combination and good advice. The shrimp/celery ones were delicious as written.

This cookbook covers every kind of classic dumpling and then some new combinations. Very clear directions on making dough, rolling and forming dumplings. Form also indicates cooking method either steaming, simmering, or pan fried. Clear instructions for cooking are given. Fillings are both meat and vegetarian. Desert dumplings and a variety of dipping sauce recipes make this a absolutely complete cookbook.

If you have a craving for dumplings, this might just be the place to start. Helen You, founder of the fabulous Dumpling Galaxy restaurant in Queens, and her collaborator, Max Falkowitz, executive digital editor at *Saveur Magazine*, put together an interesting cookbook of dumplings. Who would have thought steamed, boiled and fried dumplings used different doughs? Ms. You gives detailed instructions on how to make each; however, since dough is the cornerstone of the book's recipes, photographs are sadly lacking in this section where they would be most welcome. What does a shaggy dough, a rough clump, or a slightly translucent ball look like? A picture is worth a thousand words. You may want to skip all this and purchase already prepared dumpling wrappers specific to your recipe as You suggests. We found visiting YouTube to watch how to form the different dumpling shapes extremely helpful. Forty-three dumplings are featured in four sections of the book: classic Chinese, vegetable and egg, mixed cuisine, and dessert. Pork soup dumplings, three mushroom dumplings, lamb and cilantro dumplings, and pumpkin and black sesame tang yuan are examples from each section. The dumplings are easy to assemble with accessible ingredients. Best yet, they may be prepared in advance and frozen! The last section of the book features three sauces for dipping and eight sides such as cucumber salad and fried chicken wings. So, what recipes worked? I made steamed PORK AND MUSHROOM SHUMAI. The recipe calls for sticky rice which glues everything together, so these are easy dumplings to make. We found them to be starchy and not very flavorful. Perhaps my pork did not contain enough fat. Next up was boiled CHICKEN AND THAI BASIL DUMPLINGS. The basil flavor was quite pronounced; perhaps they would be nice in chicken soup. The last recipe I chose was SPICY PICKLED CABBAGE. After purchasing the ingredients, I realized 1/4 cup of salt is used for one pound of cabbage without rinsing it off. Yikes, that's 2,880 mg. sodium for one half cup of salad! Our recommended upper limit of sodium per day is 2,300 mg. This recipe did not make it to the table. I am fairly proficient with Asian recipes, cooking many over the years including pot stickers and pork buns. The recipes' results did not excite us. Perhaps it was the ones I chose; the authors certainly come with excellent pedigrees. Moving along, I think it would be great fun to have a dumpling making party with a bunch of adventuresome friends. Just forming the dumplings alone would provide tons of laughter! Copy gratis Ten Speed Press via Blogging for Books.

The book is well written and was received on time

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