



Barefoot Books

DUMPLING RECIPE PACK

Here are three recipes to try from the book, *Dumpling Day*. You will need a grown-up helper to cook them with you. Find all ten recipes at the end of the book!



WHAT ARE DUMPLINGS?

Dumplings are made of dough wrapped around all sorts of fillings. They can be steamed, fried or baked. People all around the world make different-shaped dumplings with a wide variety of spices and ingredients. Some are eaten before a meal or as part of a main course, while others are enjoyed for dessert.



RECIPE TIPS!

- If a recipe makes extra filling, you can freeze the leftover filling and use it another time.
- After you make a recipe, write down notes on how it turned out so you will remember what to do next time.
- For any recipes involving meat or dairy, you can look for vegetarian or vegan versions online or invent your own!

www.barefootbooks.com/dumpling-day

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DUMPLING RECIPE PACK

Samosas (India)

Makes: 8 samosas

Time: 1½ hours

Serves: 4 people

YOU WILL NEED:

Dough

8 puff pastry sheets, defrosted

Filling

3 medium potatoes

1 cup (250 g) peas

2 tsp curry powder

1 tsp ground ginger

½ tsp cumin

½ tsp coriander

½ tsp garlic salt

½ tsp garam masala

Frying

3 Tbsp vegetable oil



1. Make the filling:

- Wash and peel the potatoes. Slice each potato into 6 pieces and place them in a large pot.
- Fill the pot with cold water, just enough to cover the potatoes.
- Turn the stove to medium heat and cook the potatoes for about 15 minutes, until they are tender (easy to pierce with a fork).
- Place the cooked potatoes in a large bowl and let them cool. Then mash with a fork or potato masher.
- Stir in the peas, curry powder, ginger, cumin, coriander, garlic salt and garam masala.

2. Assemble the samosas:

- Take out one puff pastry sheet. With a knife, cut out a circle that uses most of the pastry. Then fold the circle in half.
- Dip your finger into a bowl of water and gently moisten the edges of the half circle.
- Fold the half circle over to make a triangular shape. Pinch the moistened edges together to make a cone.
- Fill the cone $\frac{3}{4}$ of the way with filling.
- Pinch the open side of the dough to close the cone. Use a moistened finger to make sure that the edges are all sealed.
- Repeat until all the samosas are made.

3. Fry the samosas:

- Heat the vegetable oil in a frying pan on medium heat.
- Place 3 or 4 samosas at a time into the frying pan. Fry for about 2 minutes on each side, then flip. Repeat until both sides are golden brown.
- Put the fried samosas on a plate lined with paper towels to drain off extra oil.
- Serve alone or with chutney, as a side dish or snack.



DUMPLING RECIPE PACK

Apple Dumplings (United States)

Makes: 6 apple dumplings

Time: 1½ hours

Serves: 6 people

YOU WILL NEED:

Dough

2 cups (300 g)

all-purpose / plain flour

2½ tsp baking powder

Pinch of salt

⅔ cups (85 g) butter, softened

½ cup (118 mL) milk

Extra flour for rolling out

Extra butter or cooking spray
to grease the pan

Filling

6 medium apples

Sauce

2 cups (270 g) brown sugar

2 cups (473 mL) water

¼ cup (60 g) butter

½–1 tsp cinnamon



1. Prepare the apples:

- Peel and core all the apples and set aside.

2. Make the dough:

- Pour the flour into a medium-sized bowl.
- Mix in the baking powder and salt, then the softened butter and pour in the milk.
- Continue to mix until you have a soft dough. Use your hands!
- Shape the dough into a large ball. If the dough is too sticky, add a bit more flour.

3. Assemble the dumplings:

- Divide your ball of dough into 6 smaller balls.
- Roll out one ball onto a floured surface to make a circle about the size of 2 apples.
- Put one apple in the middle of the circle.
- Wrap the dough around the apple and cover it, leaving just the hole from the core uncovered.
- Repeat until all the dumplings are made.
- Grease a deep baking dish with butter and place the apple dumplings on the dish.
- Preheat the oven to 350°F (175°C).

4. Make the sauce:

- In a saucepan, mix the brown sugar, water, butter and cinnamon.
- Turn on the stove to medium-high heat and cook until the mixture starts to bubble.
- Take the sauce off the stove and pour it over the dumplings.

5. Bake the dumplings:

- Put the dish of dumplings into the oven. You may want to place a baking sheet under the dish to catch any sauce that might boil over. Bake for 40–45 minutes or until the dumplings turn golden brown.
- Serve warm as a dessert, with vanilla ice cream or (for more traditional apple dumplings) sweetened milk or cream on top.



DUMPLING RECIPE PACK

Bourekas (Israel)

Makes: 18 bourekas

Time: 1¼ hours

Serves: 6 people

YOU WILL NEED:

Filling

3 medium potatoes,
peeled and cubed
1 Tbsp vegetable oil or butter
1 medium onion, finely chopped
¼ cup feta cheese, crumbled
1 large egg
Sea salt to taste
Pinch of black pepper

Dough

1 large egg
2 large puff pastry sheets,
defrosted
1 Tbsp sesame seeds
and/or nigella seeds



1. Make the filling:

- In a saucepan, add potato cubes and enough water to cover them by 1 in (2.5 cm).
- Turn on the stove to medium-high heat and boil the potatoes for 20 minutes, until soft.
- Remove the potatoes and place them in a large bowl.
- Mash the potatoes with a potato masher or fork until there are no lumps.
- Heat the vegetable oil in a saucepan on medium-high heat. Sauté the onion for about 5 minutes, until it softens.
- Remove the onion from the heat and mix with the mashed potatoes. Let them cool for a few minutes, then mix in the feta cheese, egg, salt and pepper. (If you add the egg while the onion mixture is still too hot, the heat will cook the egg.)

2. Assemble the bourekas:

- Preheat your oven to 375°F (190°C).
- In a small bowl, beat the egg with a fork. Set aside.
- Cut each sheet of puff pastry into 9 squares. You should have 18 squares total.
- Spoon out 1 generous Tbsp of filling and put it in the middle of one square.
- Dip your finger into a bowl of water and wet the edge of the square.
- Fold the square to make a triangle and pinch the edges together. You can stretch the dough to help it cover the filling.
- Dip a pastry brush or your finger into the egg and brush all over the puff pastry.
- Press the edges with a fork to seal them shut.
- Sprinkle a pinch of the seeds on top.
- Repeat until all the bourekas are made.

3. Bake the bourekas:

- Place the bourekas on a baking sheet lined with parchment / greaseproof paper. (Alternatively, grease the baking sheet with butter or cooking spray so the bourekas don't stick.)
- Bake the bourekas in the oven for 30 minutes or until they are puffy and golden on top.
- Enjoy your bourekas warm as a breakfast food or snack.