

London
Cookery
School

Dim Sum Class

LONDON COOKERY SCHOOL RECOMMENDATIONS

The equipment we recommend here are the very same equipment we use at London Cookery School, so they have been tested for over a decade over thousands of real-life classes. Product links are provided for your convenience

www.londoncookeryschool.co.uk/recommended.html

STAND MIXER

ELECTRIC STEAMER

NON-STICK ROLLING PIN

PASTRY CUTTER

STEAMER PAPER

SILICON STEAMER MAT

ROLLING MAT

Dim Sum Jokes

Why is a Bao so good?

Because it's more than the Dim-Sum of its parts!

Who is the most famous Dim Sum Jedi?

Obi-wonton Kenobi

Which ancient Greek heroes likes Dim Sum?

Jason and the Har Gow nauts

What do lonely dim sum sing at karaoke?

"All Bao myself.."

What sports do Dim Sum Play?

Dumpling Pong

Bao-skitball, Foot-bao

What does one Bao say to another when saying goodbye?

Xiao Long Bao! (So Long, bao!)

Why did the Dim Sum Chef and the Dough chef split up?

She was too kneady.

Why was the Bao Sad?

Because he wasn't kneaded.

My friend has a girlfriend called Ling.

She cheated on him

I told him to Dumpling.

Which Queen song is a favourite among Dim Sum Chefs?

Bao-hemian Rhapsody

What did the little Har Gow say when he met the Dim Sum King

Nothing, he just bao'd.

YUM CHA : DIM SUM

Tea is at the heart of dim sum. Most restaurants offer at least 3 of the following.

1. **Bo-lei**, popular with the Chinese for its ability to aid in the digestion of rich food. Strong fermented black tea from Yunnan.
2. **Jasmine**, fragrant green tea. Light fermentation, before roasting and rolling.
3. **Wulong**, also known as **oolong**. Part fermented, clear, fragrant like a green tea, strong and refreshing like a black tea.
4. **Sol-mei**, a type of white tea. Gentle, unfermented tea, high in antioxidants
5. **Tie-guan-yin**, another type of oolong.
6. **Long Jeng**, (Dragon Well) A popular green tea.

Tip: To indicate you're ready for a refill, just leave the lid ajar

Etiquette: Pour your dining companion's (or elders) tea before your own.

Do Gather a few people to go Yum Cha with. It is a social experience and having a few companions along means you can try more things!

Do Try to pace yourself. Dim sum is all about variety and sharing and trying lots of different things. Try a new thing each time you go!

Don't Save dessert for last. There's no set order to eating dim sum, so go ahead and grab those egg tarts or sticky-rice sesame balls.

Do Stick to your culinary comfort zone if you're not adventurous enough for chicken feet, or tripe or any number of delicacies.

Don't point at people with chopsticks.

Don't Stick chopsticks into rice or other food so that it sticks up. It looks like incense offerings to the dead.

Do Use communal chopsticks for picking things up e.g. a shared noodle dish. Or use the other end of your chopsticks to handle communal food.

MAKING YOUR OWN DIM SUM

EQUIPMENT: Steamer, small diameter rolling pin, 3" pastry cutting ring

LETS GET MAKING!

www.londoncookeryschool.co.uk



Har Gow

MAKING HAR GOW DOUGH

This dough turns translucent when steamed and is used in lots of Dim Sum!

Dough Ingredients (Makes approximately 14-16 pastry sheets)

Part A

Wheat starch	50 g
Tapioca flour	10 g
Corn flour	10 g
Sugar	1/2 teaspoon
Salt	a pinch

Part B

Boiling water	60 ml (¼ cup)
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Part C

Sunflower or Vegetable oil	1 teaspoon
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Making the Dough

1 Put all the dry ingredients (Part A) into a small plastic bowl. Mix Well.

2 Add the boiling water (Part B) & mix rapidly with a spoon for 35 seconds (45 seconds max), scrape off the spoon, then cover for 2 minutes to 'cook' the flour

3 Finally add 1 teaspoon of oil (Part C) and knead well for about 3 minutes to form a soft dough

4 Divide the dough into 10 equal *marshmallow shapes ready for pleating or folding into shapes*

NOTE: If you work too slowly, and don't mix well enough before it cools down, then the dough will be undercooked. It will be brittle, and won't have elasticity. When you try to use it to fold, or pleat, it will just break.

TIP: Step 3 is really important, you need to knead hard, and knead fast. The dough should still be slightly warm by the time the kneading is finished.

TIP: In class, you cut the dough into 10 pieces. When you get confident at making these, the aim is then to make the dough thinner. The thinner the dough, the closer it is to restaurant standard. When you get good and confident with making the shapes, consider dividing your dough into 12 or 15 pieces instead of 10. When you roll these smaller pieces of dough to the 3" size, they will be thinner and the finished Har Gow will taste less doughy.

FILLING MIXTURE FOR HAR GOW 蝦餃 (PRAWN DUMPLINGS)

These are dainty parcels of steamed prawn dumplings. It takes some practice to get the correct texture and thickness for the skin. It should be thin enough so that its not too chewy or overly doughy.

Ingredients: (Makes approximately 14 Har Gow)

Filling

Raw King Prawn (deveined and shelled) ..	80 gram
Water Chestnut, finely chopped	1 teaspoon
Ginger, finely chopped	a pinch
Salt	1/3 teaspoon
Sugar	1 teaspoon
Cornflour	1 flat teaspoon
White Pepper (CAREFUL!)	a tiny pinch

TIP: Some chefs use bamboo shoots instead of water chestnuts. You can choose your preference.

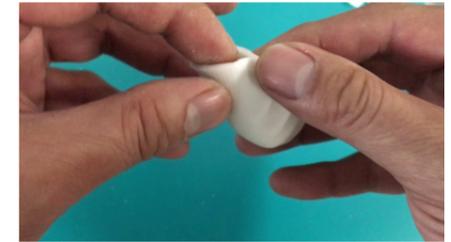
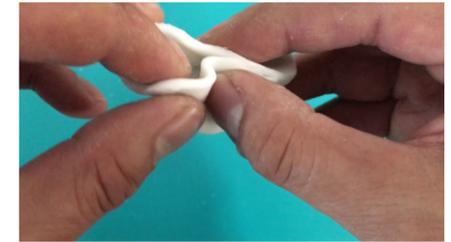
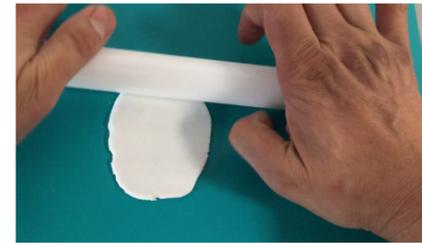
CLASSIC PLEATED FOLD

In class, we made using the pleated fold which is a great fold for beginners to start with.

It is elegant and easy to pick up.

Here is the classic pleated fold step-by-step.

- Non-stick rolling pin
- We used a 3 inch pastry cutter
- Half a tsp of mixture is used



CHIU CHOW FUN GWOR 潮州粉果
(CHIU CHOW STEAMED DUMPLINGS)

Ingredients:

Filling

Minced Pork (20-30% fat if available)	120 gram
Baking powder	1/2 tsp
Salted radish (finely chopped)	1 tsp
Chinese Mushroom (finely chopped)	2 tsp
Sugar	1 tsp
Light Soy	2 tsp
Sesame Oil	2 tsp
White Pepper (CAREFUL!)	a pinch
Cornflour	2 teaspoons

Dough (this uses same dough as for Har Gow)

Method:

Add all ingredients and mix well.

Use 1 teaspoon of mixture for each Chiu Chow Fun Gwor
Roughly pleat to get scrunched up pleats

Steam on medium / high heat for 8 minutes

Additional Notes:

Peanuts can be added as an additional.



Chiu Chow Fun Gwor



SUI MAI 燒賣 (Open top Pork Dumplings)

Sui Mai and Har Gow are the two most popular, most ordered Dim Sum in the World!

Ingredients:

Filling

- | | | |
|----|--|---------------|
| A. | Minced Pork (20% fat if available) | 120 gram |
| | Prawn (minced) | 20 gram |
| | Chinese Mushroom (finely chopped) | 2 tsp |
| | Baking powder (CAREFUL!) | 1/2 tsp |
| B. | Salt | 1/2 tsp |
| | Sugar | 1/2 tsp |
| | Cornflour | 2 tsp |
| | White Pepper (CAREFUL!) | a small pinch |
| | vegetable oil | 2 tsp |

Dough

- | | | |
|----|-----------------------|---------------------------------|
| A. | Egg | 1 medium |
| | Salt | 3/4 tsp |
| | All-purpose flour | 2 cups |
| | Water | 1/3 to 1/2 cup water, as needed |
| | Extra flour as needed | |

Method:

Making the Dough

- 1 Lightly beat the egg with the salt. Add 1/4 cup water.
- 2 Add flour to bowl. Make a well in the middle and add the egg and water mixture and mix.
- 3 Add as much of the remaining water as necessary to form a dough. Add more water gradually if the dough is too dry).
- 4 Knead until it forms a smooth dough. (about 10 minutes)
- 5 Cover and let rest for 30 minutes. Turn the dough out onto a lightly floured surface. Roll out until very thin, and cut into 3 inch circles. Add flour to each sheet to prevent sticking. Stack and store in a plastic bag in the refrigerator or freezer until ready to use.

Making the Sui Mai Paste

- 1 Combine all of the filling ingredients and mix well.
- 2 Form a circle with thumb and forefinger. Place Sui Mai skin on top of your circle, add filling into the centre, wet all around the edges with water and push down. As you push down, the sides of the pastry gather up and it makes a cup shape. Rotate and squeeze to compact the mixture down.
- 3 Steam for 8 minutes if 1 tier, 10 minutes for 2 tiers, 12 minutes for 3 tiers.

Additional Notes

Steaming: the timings above are for cooking times. Turn on your steamer until it is boiling. Add the Dim Sum to steam and start timing. Always check inside one to ensure it is fully cooked before eating. For several tiers of food, add extra time (Approx. 2 minutes extra for each extra tier)



STEAMING DIM SUM

Steamers

Traditional Bamboo Steamers

These come in different sizes. We recommend buying a steamer that is the same size as your saucepan. If you have an 8" saucepan, get an 8" steamer.

Fill up your saucepan half way with water and set to boil.

Put a sheet of Dim Sum Steaming paper at the bottom of each of your steamer baskets.

Add your Dim Sum to the steamer baskets. Ensure there is a 2-3 cm gap between each dumpling.

If you are using a bamboo steamer with multiple layers, stack the layers and add your bamboo lid.

Once the water in your saucepan is boiling, carefully place the bamboo steamer on to the saucepan.

The bamboo baskets should sit nicely on the rim of the saucepan.

Keep the water boiling and it should generate a lot of steam to cook your delicious dumplings.

For 1 layer of food, steam for about 7 minutes, for each additional layer, add additional 2 minutes or so. For example, 2 layers - 9 minutes.

Check the food is cooked before serving.

Plastic Electric Steamers

These do not look as nice but they are convenient. Follow the instructions that come with the steamer.

Put a sheet of Dim Sum Steaming paper at the bottom of each of your steamer baskets.

Add your Dim Sum to the steamer baskets. Ensure there is a 2-3 cm gap between each dumpling.

Stack the layers and add the lid.

Set the timer for 8 minutes for 1 layer of food. 10 minutes for 2 layers. 12 minutes for 3 layers.

Check the food is cooked before serving.

IMPORTANT: make sure there is sufficient spacing, you need space between each dumpling so that the steam can circulate. If there is not enough spacing between dumplings, the steam can't get through and the top layers will not cook properly.

PREPARING FOR EATING LATER ON

If you would like to make Dim Sum and eat it later in the day, put them in a deep metal roasting pan making sure to add a thin layer of oil the bottom of the pan first so that it doesn't stick. Place all the made Dim Sum inside, and cover with a damp cloth (Make sure cloth only touches the edges of the pan and not the Dim Sum)

Freezing

If you would like to freeze Dim Sum, again make sure to oil the bottom of the pan / tray first, then add the Dim Sum, then freeze. Once frozen (approx 45 minutes) you can gather up all the dim Sum, put it in a bag and back in the freezer to save space.

Cooking From Frozen

When cooking from frozen, roughly double the cooking time. So give it at least 13-15 minutes. If cooking in several stacked layers always check one from the top layer to see if it is cooked.

Your equipment will vary so the timings are for a guide only. The cardinal rule of cooking applies – cook till its cooked. Always check before serving. Once you have the timings worked out for your particular steamer, then you can use those timings for future cooking.

ADDITIONAL INGREDIENTS AND PREPARATION

Preserved Salted Radish can be found in Chinese Supermarkets. Give them a quick rinse before using. These are the magical ingredient that adds another dimension to dishes.

Dried Chinese Mushrooms need to be reconstituted before use. Give them a quick rinse first. Then place them in a saucepan and pour freshly boiled water over them. Keep them submerged with a plate or saucer. They will soak up quite a lot of water so ensure there is enough water. Leave them to soak for at least an hour before use. When ready for use, grab an handful of mushrooms and squeeze out the excess water. Then they can be chopped as needed. You can retain the mushroom water and use it as mushroom stock - for cooking with, or making into a broth for noodles. Stems are great to use but if a part if it is still hard after a long soak, cut the hard bits off and discard.

Dough and Wrappers are made quite a bit thinner in restaurants compared to the ones we made in class. For example, the amount of dough we made in our recipe would be enough to make about 20-24 Dim Sum. (In comparison we cut into 10 balls, but after using these up and the scraps we probably made about 14-16 Dim Sum)

Sui Mai Wrappers can be made following the recipe given but can be bought instead for convenience. If you can't find them, Wonton wrappers are similar so you can substitute these instead. Wonton wrappers are square so you can make them round by using your pastry cutter.

Wheat Starch is different to wheat flour or other types of strong flour. It is a low gluten flour which gives the dough extra elasticity and stretch, whilst retaining strength. Please refer to photo of the packet of starch used in class.

Food Processors can be used if you are making in quantity. It works especially well for the salted radish and Chinese mushrooms. Cut into smaller pieces first before processing. If there are some harder stems in the mushrooms, cut them a bit smaller and then process first for a while.

Then add the rest of the mushrooms and whizz again. Be extra gentle with the raw prawns and don't process it too much. It is good to have some bigger pieces and some smaller pieces. (More interesting texture when eating). Don't have it processed so much that it becomes a homogeneous paste.

VEGETARIAN FILLINGS

There is a wide variety of vegetarian fillings that work really well with making Dim Sum. The key is getting a good combination of textures, flavours and colours. Many types of mushrooms are now commonly available in oriental supermarket that add so much flavour and texture.

E.g.: Oyster, Shiitake, Enoki, Eryngii, Chestnut

Other key ingredients that work really well:

Chinese Leaf
Pak Choi
Chinese Chives
Bell Peppers
Grated Carrot
Asparagus
Green Beans
Deep Fried Tofu
Bamboo shoots
Baby Corn

Following on from recipes in the class, instead of adding the meat component, you can substitute with a mixture of different vegetarian ingredients.

E.g., instead of 120g of pork, it is good to choose 3 vegetarian ingredients and have 40g of each one.

A sample recipe would be:

40g Chinese leaf, 40g asparagus, 40g of oyster mushrooms

NOTE: Adjust the amount of cornflour so that the mixture sticks nicely together.

NOTE: For vegetarian fillings, baking powder should be omitted.



RECOMMENDED DIM SUM RESTAURANTS

Imperial China, 25a White Bear Yard, Lisle St, Chinatown, London. WC2H 7BA

Highlights: Most Dishes

Joy King Lau, 3 Leicester Street, Chinatown, London. WC2H 7BL

Highlights: Most Dishes

Haozhan, 8 Gerrard St, Chinatown, London. W1D 5PJ

Highlights: Most dishes. Also we really enjoyed the Supreme Har Gow (giant snooker ball sized prawn dumplings)

Golden Dragon, 28-29 Gerrard St, Chinatown, London. W1D 6JW

Highlights: Soft shell crab, Most Dishes

Leong's Legends, 39 Gerrard St, Chinatown, London. W1D 5QD

Highlights: Xiao Long Bao (Soup Dumplings), Slow-braised Pork Belly with Rice.

Yi Ban, London Regatta Centre, 1010 Dockside Rd, London E16 2QT

Highlights: Most Dishes. Enjoy a long walk afterwards along the Marina and watch the rowers, and the aeroplanes taking off from the City Airport opposite

Do use these restaurant recommendations as starting points, but do also explore other Dim Sum restaurants as they have different chef specials and dishes that are definitely worth trying.

For example, we were particularly impressed with the Deep-Fried Soft-shell crab at **Lido** (London Chinatown)

GLUTEN FREE DOUGH

A.

Rice Flour	45 g
Tapioca flour	20 g
Corn flour	5 g
Sugar	1/2 teaspoon
Salt	a pinch

B.

Boiling water	60 ml (¼ cup)
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C.

Sunflower / Vegetable oil	1 teaspoon
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Making the Dough

- 1 Put all the dry ingredients **(A)** into a small plastic bowl. Mix Well.
- 2 Add the boiling water **(B)** & mix rapidly with a spoon for 35 seconds (45 seconds max), scrape off spoon, then cover for 2 minutes to 'cook' the flour
- 3 Finally add 1 teaspoon sunflower or vegetable oil **(C)** and knead to form a soft dough (3 mins)
- 4 Divide the dough into 10 equal marshmallow shapes.



DIM SUM APP

Our associated Dim Sum App is called **TALK DIM SUM** and can be downloaded from the **App Store**

It features a wealth of information for Dim Sum fans, and includes snippets of useful information about each Dim Sum, and all of the following:

- **A full guide to the vast Dim Sum Menu - hundreds of dishes, with accompanying pictures**
- **'click to hear' pronunciation in Cantonese and Mandarin**
- **A full guide to Dim Sum restaurants around the World, with maps, reviews, and website booking links**
- **Built-in Phrase book with useful phrases when travelling in China in both Cantonese and Mandarin. Try it out in your favourite Dim Sum Restaurant.**

We hope you have fun with this app!

Sushi Class

Learn to make 5 different types of Sushi in our beginners Sushi Class

