



NI HAO, Y'ALL!

Eat, Learn & Shop with Chinese Southern Belle

Buford Highway Farmers Market



Chinese Southern Belle™ is a new business that connects people, food, culture and learning. Mother-daughter team, Natalie and Margaret, offer a unique combination of multicultural teaching, travel, cooking and business experience and have delighted friends with Country Asian creations and Buddha-to-Bubba™ stories in Atlanta since the 1970's.

As the company's founder and co-owner, Natalie is a Harvard Kennedy School graduate trained in multicultural communications and social marketing, grew up working in the family restaurant and has served in public office. Margaret was a schoolteacher in the gifted program for 20 years and now is a realtor and avid fisherman. "Back then, I couldn't find soy sauce or tofu at the Winn-Dixie grocery and wonton soup was considered exotic!"

From fortune cookies to Fortune 500, Margaret and Natalie are popular with a wide range of groups, from farmers markets and festivals to private dinner parties and school workshops. "We hope to add a fun fusion touch to the kitchen, a cross-cultural dimension to Atlanta's immigrant tapestry, and raise awareness about the importance of diversity, sustainability and community." Follow Natalie's cross-cultural and food adventures, get eating and cooking tips, plus event updates on www.chinesesouthernbelle.com, Twitter and Facebook!

Today's Hot Topic: Asian Dumplings!



Dumplings Background/History

Jiaozi (Mandarin), gauu/gow (Cantonese), gyoza (Japanese), mo-mo's (Nepalese), pot stickers (guotie) or Chinese ravioli-dumplings usually consist of a dough wrapper filled with ground meat and/or finely chopped vegetables and crimped on the edges. Dumplings date back to the Song Dynasty (960-1260 A.D.) in China and represent prosperity, wealth and good luck. They are a main dish for Chinese New Year and eaten year-round in northern China. Due to its shape, "jiao" means horn in Chinese. Not to be confused, wontons have a different shape, thinner skin and are usually served in soup. Dumplings can be boiled, steamed, pan-fried or deep-fried. Common fillings are ground pork, beef, shrimp with cabbage, garlic chives or leeks then dipped in a mixture of soy sauce, vinegar, garlic, ginger, hot sauce and/or sesame oil.

Shopping List - Basics

Ingredient/Product	Location/Aisle #	Brand/Tips
Fresh Vegetables: green onion, cabbage, garlic chives, leeks, ginger	Fresh Produce	
Meat: ground pork, turkey, beef	Meats area	
Baked/Savory Tofu	Produce, back left, refrigerator	
Dumpling wrappers (frozen)	Aisle 22, Japanese/Chinese	
Ready-made frozen dumplings	Aisle 22, Japanese/Chinese	Adjust/reduce cooking time for thinner wrapper.
BHFM store-made fresh dumplings	Deli area	Adjust/reduce cooking time for thinner wrapper.
Rolling pins	Aisle 14, Hispanic	We prefer Asian "plain-stick" style or glass jar
Bamboo or other steamer appliance	Smallwares	
All-purpose flour	Aisle 8, American	Korean flour, Aisle 26, end of deli, on left

Dumplings Recipe (about 40 dumplings)

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Dough (or use ready-made wrappers): 3 cups all-purpose flour, about 1 1/2 cup cold water. Mix cold water in flour, 1/4 cup at a time, only as much as necessary to form smooth dough. Knead the dough into a smooth ball. Cover and let rest 20 min.

Filling: Mix meat/veggies, seasonings together in bowl: 3 cups finely chopped cabbage (optional: mushrooms, carrots, garlic chives), 1 lb ground pork, beef or baked tofu (all veggie: sub in 3 cups chopped veggies/tofu), 1 c chopped green onion, 1 T minced ginger, 1 t minced garlic, 1 T soy sauce, 1 t salt, 1 t cornstarch

Rolling/Wrapping: Divide into 3-4 portions and roll into long logs. Cut into 2 inch pieces, roll into balls, flatten each piece into round disk and use rolling pin (or glass jar) to make flat, thin round wrappers, about 4-5 in. diameter. Dust work area with flour to

prevent sticking. Place 1T of filling in each wrapper and fold the dough over it, crimping the edges to create a pouch or bonnet. Seal well.

Cooking: Bring 8 cups of water to a boil over high heat, add half the dumplings. Stir gently, return to boil. Add 1 cup cold water, bring back to a boil. When the water boils again, add another cup cold water, bring back to boil a 3rd time. All-veggie dumplings may be done after 2nd boil. The dumplings are done when they float to the surface. Remove, drain well, add drops of oil to prevent sticking, and serve. For pot stickers, pan fry cooked dumplings medium heat in 2T oil each batch, until brown. For steamed dumplings, roll thinner wrappers or use pre-made. Line steamer with cloth or lettuce leaves.

Dipping sauce: Mix together: 1/4 cup soy sauce, 2 T Chinese black vinegar (or 1T regular vinegar), 2T water, 1/2 t sugar, 1 t grated ginger, few drops of sesame oil, chili oil/sauce optional.

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404-494-0088 • info@ChineseSouthernBelle.com

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