

Chinese Dumpling

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/white-chinese-shrimp-recipe>

Ingredients:

- 2 1/2 pounds pork shoulder 1 kilo, palette de porc
- 1 pound shrimp shelled raw
- 1 bunch scallions well-chopped, use as much of the green part that's edible
- 1/2 bunch cilantro chopped
- 2 tablespoons fish sauce
- 2 tablespoons salt
- 2 1/2 tablespoons cornstarch
- 1 large egg
- 1 1/2 tablespoons roasted sesame oil
- 6 water chestnuts fresh, peeled and finely chopped
- 2 tablespoons fresh ginger finely-minced, peel before chopping
- won ton wrappers Round, or square ones...if the largest Asian market in your city doesn't carry round ones

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 415 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 83 grams
7. SaturatedFat: 7 grams
8. Sodium: 4640 milligrams
9. Sugar: 1 grams

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