

Har Gow (Steamed Chinese Prawn Dumplings)

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-prawn-dumplings>

Ingredients:

- 1/2 pound prawns Shrimp
- 1 tablespoon water chestnut
- 1 teaspoon ginger paste
- 1 1/2 teaspoons fine salt
- 1 tablespoon sugar
- 1 tablespoon cornflour Cornstarch
- 1/4 teaspoon white pepper
- 3 1/8 ounces wheat starch
- 6 tablespoons tapioca flour
- 1/2 cup cornflour Cornstarch
- 1 1/2 teaspoons sugar
- 1 teaspoon fine salt
- 5/8 cup water
- 1 tablespoon vegetable oil

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 65 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. Sodium: 1520 milligrams
8. Sugar: 5 grams

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