

Sui Kow (Chinese Dumpling)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/steamed-dumpling-recipes-chinese-one-recipe>

Ingredients:

- 10 stalks choy sum / yu choy or baby bok choy, trimmed
- 8 cups chicken stock for soup, seasoned to taste, 1.9
- 2 green onions thinly sliced
- 3 drops sesame oil
- dumpling or soy sauce
- 6 ounces lean ground pork 170g
- 4 ounces shrimp minced, 115g
- 4 water chestnuts peeled and chopped
- 2 mushrooms Chinese, soaked, rinsed, and chopped
- 2 chinese chives finely sliced
- 1 tablespoon cooking wine Shao Hsing
- 2 tablespoons soy sauce
- 1/2 teaspoon ground pepper
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 1460 milligrams
9. Sugar: 11 grams

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