

Chinese Chive Dumplings (Jiu Cai Jiao)

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-starch-chinese-recipe>

Ingredients:

- 1/2 teaspoon soy sauce I prefer low-sodium
- 1 teaspoon Shaoxing rice wine or dry sherry
- 3 teaspoons cornstarch
- 1/3 pound shrimp fresh, peeled, deveined, and cut into 1/4-inch pieces, 4 1/2 ounces net weight
- 1/2 teaspoon sugar
- 2 pinches black pepper or white
- 2 teaspoons oyster sauce
- 1/2 teaspoon toasted sesame oil
- 2 tablespoons water
- 1 tablespoon canola oil or other neutral tasting oil
- 1 tablespoon dried shrimp finely chopped, optional
- 6 ounces chinese chives aka garlic chives, trimmed of thicker bottom portion, cut into 1/2-inch lengths, about 1 3/4 cups
- salt unchecked?, optional
- 4 1/2 ounces wheat starch
- 2 1/4 ounces tapioca starch
- 1/8 teaspoon kosher salt
- 1 cup water just-boiled, let boiled water cool for a couple minutes before measuring and using
- 4 teaspoons canola oil
- canola oil unchecked?, for pan-frying
- soy sauce unchecked?, for dipping
- chile garlic sauce unchecked?, homemade or store-bought, optional

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 55 milligrams

4. Fat: 15 grams
 5. Fiber: 2 grams
 6. Protein: 9 grams
 7. SaturatedFat: 1 grams
 8. Sodium: 740 milligrams
 9. Sugar: 2 grams
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