

Ua Zaub Dumpling Noj (Vegetable Dumplings Recipe)

Ua Txaus Noj: 25 lub dumpling

Khoom Sib Tov

1 khob zaub qhwv, hlais kom nyias nyias

1 lub qe

2 Tablespoons roj olive

1/4 khob carrot, muab hlais

1/2 khob nceb, muab hlais

3/4 teaspoon qhiav, zom kom mos

1 Tablespoon dos, muab hlais kom nyias nyias

2 3/4 teaspoon ntsev, muab sib faib

25 cov ncuav qhwv wonton (round wonton wrappers) (muaj muag nyob rau sab muag zaub hauv koj lub kiab khw muag khoom noj)



Lus Qhia Rau Cov Neeg Laus

Pab saib xyuas cov menyuam kom paub siv riam thiab ua noj ntawm qhov cub.

Lus Taw Qhia Rau Cov Menyuam Yaus

Npaj Cov Zaub Qhwv Rau Hauv Dumpling

- Muab 1/2 teaspoon ntsev tso rau cov zaub qhwv ces muab cia ib pliag mam siv.
- Taws qhov cub kom yau (medium) los kib lub qe. Thaum siav muab tso rau ib lub tais thiab muab cia ib pliag mam siv.
- Muab roj olive tso rau ib lub yias ces taw qhov cub kom yau. Ces muab cov carrots, nceb, cov qhiav uas zom mos, thiab dos los kib thiab tso ntsev li 1/4 teaspoon. Muab kib kom nceb mos, li ntawm 5-8 feeb. Muab tej kua lim pov tseg ces muab cov zaub kib ntawd xyaw nrog cov qe.
- Muab cov dej lim tawm ntawm cov zaub qhwv. Ces muab cov qe thiab zaub kib sib xyaw ua ke.

Qhia Qhwv Dumpling

- Muab cov dej thiab hmoov pheb xyaw ua ke rau hauv ib lub tais me me.
- Muab cov ncuav qhwv tuav rau ib sab tes ces daus 1 dia zaub mus tso rau hauv nrab daim qhwv. Muab cov hmoov pheb uas xyaw nrog dej plhws cov ntug ntawm cov qhwv. Muab cov ntug tais ces qhwv. Koj yuav xav muab qhwv kom zoo nkauj li cas los tau.

Muab Cov Dumpling Ua Kom Siav

- Rhaub dej kub kom npau hauv ib lub lauj kaub ces tso 2 teaspoon ntsev rau hauv. Kom ib tug neeg laus pab muab ib nrab cov dumpling tso rau hauv lub lauj kaub, kom thiaj li siav sai.
- Li ntawm 2 feeb, cov dumpling uas siav lawm yuav npau los sau lub lauj kaub, ces muab rho tawm thiab ntsw nrog Sesame Soy Dipping Sauce!

Nej Cov Ncuav Xees Viv Tuaj Yeem Pab Tau Ntiaj Teb! Ntaub Ntawv Kawm Paub Txog Zaub Mov © 2021 Chaw Paub Txog Zaub Mov. Cov cais tas nrho raug ceev tseg.

Txwv tsis pub luam theej los yog faib tawm yog tsis muaj ntawv sau tso cai.

Nriav cov ntawv qhia ua zaub mov ntxiv nyob rau ntawm:
www.foodliteracycenter.org

