



新上海
NEW SHANGHAI

COOKING INSTRUCTIONS FOR FROZEN DUMPLINGS & DIM SUMS

冷凍餃子點心烹調方法



Boil 水煮

Pork & Chinese Cabbage Dumpling	白菜鮮肉水餃
Mini Pork Wonton	鮮肉小餛飩
Pork & Chive Dumpling	韭菜鮮肉水餃
Mini Prawn Wonton	蝦肉小餛飩
Pork & Coriander Dumpling	香菜鮮肉水餃
Vegetable & Pork Wonton	菜肉餛飩
Lamb & Leek Dumpling	羊肉水餃
Shepherd's Purse & Pork Wonton	薺菜大餛飩
Beef & Coriander Dumpling	牛肉水餃
Prawn Wonton	蝦肉大餛飩
Chicken & Celery Dumpling	雞肉水餃

1. Half fill a heavy-based pot with cold water and bring to a rolling boil.
2. Add dumplings to the boiling water and gently stir so they don't stick.
3. When the water returns to the boil, add 1½ cups of cold water and bring to the boil again.
4. When the water returns to the boil the second time, add another 1½ cups of cold water and bring to the boil again.
5. This should take approximately 12 minutes and the dumplings should now be cooked
6. Strain and serve immediately.

NOTE: Depending on the size of the pot, we recommend cooking a maximum of 12 to 15 dumplings each time.

*Fresh Dumplings Cooking Time: Follow the above procedures with approximately 12 minutes cooking time.

取一厚底鍋注入冷水半鍋，將水煮沸後，將餃子放入鍋中並小心攪拌以防餃子沾黏鍋。

當水滾後，加入一杯半冷水。

當水第二次煮沸時，再加入另一份1.5杯的冷水。

當水再次煮沸時，餃子就煮熟了。

將餃子撈起後，即可食用。

烹煮過程約莫時間為12分鐘。

備註：根據鍋子的容量，以中型鍋子為依據，烹煮時不應超過15至20顆餃子。

*新鮮餃子烹煮過程約莫時間為12分鐘。

Pan Fry 煎

Pork Buns	生煎包
Pot Stickers	鍋貼

1. Heat a non-stick fry-pan for a minute and add 3 tablespoons of cooking oil.
2. Place the dumplings onto the pan, adding ½ cup of cold water.
3. Cover the lid and bring the water to boil. Cook on a low heat for 10 minutes, until the water has completely evaporated, and the dumplings are golden and crispy on the bottom.

NOTE: Depends on the size of the fry pan, we recommend that you cook a maximum 12 to 15 dumplings each time.

預熱平底鍋/不沾鍋約一分鐘後加入3匙食用油。

將餃子整齊平放於鍋中後，加入半杯冷水，蓋上鍋蓋。

當鍋中水滾後，轉至小火後繼續煮約10分鐘或至鍋中水分收乾。

當餃子底部成脆皮金黃色後，即可享用。

備註：根據平底鍋/不沾鍋大小，建議不超過12至15顆餃子。

*新鮮餃子煮約8分鐘或至鍋中水分收乾。

Steam 蒸煮

Xiao Long Bao (Shanghai Pork Dumpling)
Vegetarian Dumpling

小籠包
花素餃

1. Add 5 to 6 cups of cold water to a heavy-based pot and bring to boil on high heat.
2. Prepare a bamboo steamer; it should be large enough to place on top of the pot.
3. Brush some cooking oil on the steamer surface to prevent sticking and place the dumplings on the steamer.
4. Keep on high heat, steam for 9 to 10 minutes.
The dumplings will now be ready to serve!

NOTE: Depending on the size of the dumpling and the steamer, we recommend cooking a maximum of 10 to 15 pieces of dumplings for a large steamer and 6 to 8 pieces for a small steamer.

*Fresh Dumpling Cooking Time: Follow the above procedures with 6 to 7 minutes cooking time.

取一厚底鍋注入5至6杯水，並將水煮沸。

準備一個蒸籠，注意，蒸籠尺寸應能安全地放置於鍋上。

在蒸籠上刷上少許食用油，以防止餃子沾黏於蒸籠上。

以高溫蒸煮9至10分鐘，即可享用。

備註：根據蒸籠的大小，建議大蒸籠放置10至15顆餃子，小蒸籠放置6至8顆餃子。

*新鮮餃子以高溫蒸煮6至7分鐘，即可享用。

Deep Fry 炸

Springs Rolls 春卷

1. Heat 5 to 8 cm of oil in medium saucepan to 180°C for deep frying.
2. Gently drop the spring rolls into the oil and deep fry in batches.
3. Deep fry until golden brown.
4. Remove the spring rolls using a strainer or a slotted spoon, draining excess oil on a plate lined with paper towels.
5. Serve immediately.

NOTE: Depending on the size of the fry pan, we recommend that you cook a maximum 6 to 8 spring rolls each time. Defrosting is not necessary.

取一中型鍋，注入5至8公分深的食用油並加熱至180度C以進行油炸。

小心的將春捲放置油鍋中，分批油炸。

將春捲炸至金黃色即可。

用夾子或濾網將春捲取出油鍋，並放置在已鋪有紙巾的盤子上，以吸收掉多餘的油，即可享用。

備註：無須解凍。依據鍋子的大小，我們建議一次最多炸6至8個春捲