

## Rainbow Dumpling

**Ingredients:** (Making about 50 dumplings needs 500g plain flour)

(A) White dough:

Plain flour 500g  
Water 290g

(B) Red dough:

Plain flour 500g  
Beetroot juice 200g  
Water 90g

(C) Green dough:

Plain flour 500g  
Celery juice 280g  
Water 20g

(D) Filling: (For 500g plain flour)

Cabbage 400g  
Carrot 90g  
Dried shiitake mushroom 75g, soaked  
Veggie meat paste 135g  
Salt 1 and 1/2 teaspoons  
Sugar 1 and 3/4 teaspoons  
Vegetarian oyster soy sauce 1 tablespoon  
Five spice powder 1/8 teaspoon

### Cooking Method:

- Wash the beetroot and celery, and cut into small pieces. Separately use juicer to make the needful quantities of beetroot juice and celery juice.
- Make (A), (B), (C) three colour dough: mix the ingredients of each colour dough well, and knead the dough until smooth and elastic. Then cover the dough with wet cloth and let them rest for about half an hour.
- Clean and chop the cabbage, carrot, mushroom into fine pieces (about 0.3cm width).
- Add 1 teaspoon salt into chopped cabbage and mix well, leave it aside for about 10 minutes until it soften and come out in water, then squeeze water out of the chopped cabbage. Stir fry the chopped mushroom in a pan with a little oil until golden, then put aside to cool.
- Mix cabbage, carrot, mushroom, veggie paste, salt, sugar, vegetarian oyster soy sauce, and five spice powder well to form the filling, set aside for later use.
- Knead the rested dough for about 5-10 minutes until the surface smooth, and roll it into a rope. Cut it into small pieces which is 12-15g weight. Flatten the piece slightly, roll out the piece into round pastry, about 8cm diameter, that is thicker in the centre. While rolling the pastry, sprinkle some flour to avoid sticking.
- Place the proper amount of filling on the centre of the pastry, fold the pastry over in a half circle and seal the edges by pressing them tightly, then put it on a floured tray.
- Put the dumplings into the boiling water to cook, when the water boils again, add in some cold water to cool down the boiling water, repeat this step 3 times. At last, all dumplings float on water and become bloated, dish up and ready to serve.