

CHINESE

DUMPLING





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# ORIGIN OF CHINESE DUMPLING

“Now, with so many people observing the day by making and eating dumplings, or “Jiao Zi”, we thought it would be appropriate to tell you the origin of the custom. It all begins with Zhang Zhongjing, the man from Chinese history known as the “Medicine Saint.”

Zhang Zhongjing lived during the Eastern Han Dynasty 1800 years ago. Reportedly, Zhang noticed that many people's ears were frostbitten when he returned to his hometown one winter. He decided to wrap mutton, chilli and some warming medicinal herbs in dough skin. Folding them into the shape of an ear, he boiled them in water before giving them to the poor.

Wang Lingxiang, doctor, said, “All the materials used in Zhang's recipe could help warm the body, promote the blood flow and then thaw the cold ears.

The dumplings also had a won-

derful taste so they were well received by the people.” This food was originally called “Jiao'er” for its shape, and later the name slowly became Jiaozi. Zhang used to distribute them from the day of Winter Solstice to New Year's Eve, when the villagers had fully recovered from their illness.

Today, Jiaozi is still a must in winter in most parts of northern China, especially during the Spring Festival. No words can precisely describe Chinese people's affection for dumplings, as the food has already become a symbol of home and warmth. Chinese history known as the “Medicine Saint” Chinese history known as the “Medicine Saint.”



work cited: [http://www.chinadaily.com.cn/food/2014-01/23/content\\_17253836.htm](http://www.chinadaily.com.cn/food/2014-01/23/content_17253836.htm)

“In China, dumpling (jiaozi) is a traditional food. Chinese people are deeply attached to it. There are several key words associated with dumplings in my mind: wealth, family union, festivals (happiness and celebration)”

## MEANING OF CHINESE DUMPLING

### Wealth

“The shape of Chinese dumpling is like gold and silver ingots, which were currencies in ancient China. People made them in such shapes to show their wish to gain wealth. Traditionally, when people make dumplings on the eve of the Spring Festival, a coin will be put into a dumpling. The one who find it will likely have a good fortune in the New Year.



### Family union

It's a complicated job to make dumplings since it needs much preparation work. So dumplings will be made only on an occasion when there are a lot of members. In another word, making dumplings is a team work, and usually, the team refers to a family. So, there is nothing better to enhance family connection than making dumplings while chatting and laughing together with all the family members. Many Chinese learn to make

dumplings at a very young age and enjoy the fun of being a member of the dumpling-making team. It is a really great thing.

### Festivals: happiness and celebration

Dumplings symbolize New Year. In some place of China, there is one saying: No dumplings, no Spring Festival. From this, we can see the significance of dumplings to this festival. In fact, making dumplings and eating dumplings are the most important activities of Spring Festival. What's more, people also eat dumplings on other festivals. In a word, dumplings symbolize happiness and celebration.”

work cited: [http://www.wudaokou.com/article/Chinese\\_dumplings\\_are\\_symbolic\\_and\\_taste\\_great](http://www.wudaokou.com/article/Chinese_dumplings_are_symbolic_and_taste_great)

# VARITIES OF CHINESE DUMPLING

## Guo Tie

“Guo tie are a pan-fried type of jiaozi, which is a catch-all term for pouch-shaped dumplings. In Mandarin Chinese, “guo” means “pot”, “tie” means “to stick,” which is why this variety is also called a “potsticker.” Potstickers come stuffed with things like pork, shrimp, beef, chicken, vegetables, and various combinations of all five. All types of jiaozi are traditionally eaten during Chinese New Year.



## Shuijiao

Shuijiao, another type of jiaozi, are boiled. Like guo tie, can be filled with any number of things, from pork to shrimp to veggies.



## Zhengjiao

Zhengjiao is the last type of jiaozi. It can have the same fillings as other jiaozi, but zhengjiao are always steamed.”



work cited: <https://www.yahoo.com/food/all-the-chinese-dumplings-you-never-knew-existed-74985686253.html>

# How to make Chinese dumpling?

“Making the dumplings is simple, though the folding process does take a bit of time. You start out by mixing the filling ingredients together in a bowl. Then you place a bit of the filling in the center of a gyoza wrapper. (If you can't find round gyoza wrappers, you can always use square wonton wrappers and cut them into circles using a large biscuit cutter). Get your fingertip wet and then trace a line around half of the wrapper. Then fold the wrapper over the filling and press the edges together to make a half-moon shape. Then lightly moisten the left end of the half-moon and fold it over the center, then repeat this with the right end, and pinch the two ends together in the middle. Then push and manipulate the dumpling so that it will stand up, with the pinched-wrapper edge up.”



workcited: <http://www.lafujimama.com/2011/01/shrimp-pork-dumplings-ebi-butaniku-gyoza/>

# One for all

“ Usually when you have Chinese dumpling for dinner or lunch, you will not have to cook anything else Except for some big occasions. The dumpling itself is good enough for dinner.

To meet the needs of overseas Chinese and foreign, Asia and the U.S. food company founded in 1976. Sunset District of San Francisco in 1426 Nuoruiga Road; 30 years the company has maintained the traditional features of the new manual and “the place” feature. Companies “quality, customer satisfaction first,” for the purpose. Intense competition in the market to improve the quality of their products to survive, rely on service development. In expanding the company’s reputation and influence the situation, the company has also introduced new products to meet the changing needs of our customers. Wan done for the public, “dumplings, noodles, dim sum in Shanghai good neighbors. “In a time when market competition is so fierce, Chinese dumplings deeply love for Asia and the United States.

Armenian food companies used to purchase fresh daily from original equipment market, the low evaporation process personally expected, The foundation is fresh and delicious dumplings. There is also the wife personally hand roll skins, plus excellent top quality, and variety selection and read, and the result dumplings Paper explosion traps, eat a top oil feeling that the burden of the above plus a dynamic, texture pole . The new manual procedures dumplings with the strict supervision from the expected settlement from the settlement areas, and from the surface of the samples, checking out Stephen cooperation indispensable. Besides North pasta, and Shanghai dim sum. Accredited its figures from the Shanghai municipal government 66 charge. Figures for the years of service in Shanghai. ”

work cited: <http://www.kingofchinesedumpling.com/english/>