



Dim Sum & Desserts

MaomaoMom



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Craving high quality Chinese Dim Sum and Desserts? This book collects 30 delicious step-by-step recipes come out from MaomaoMom.com starting from scratch and using basic ingredients. Enjoy!

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1. Steamed Shrimp Dumplings – Har Gow

Steamed shrimp dumpling is one of most popular dim sum dishes at Chinese restaurants. They look adorable and taste wonderful. If you gather all the ingredients, you can make them at home.



Prepare time: 45 minutes

Cook time: 10 minutes

Stand time: 20 minutes

Level: Medium

Serves: 5 servings

Ingredients:

Shrimp filling:

- 1) 300g frozen white shrimp, 30g finely minced pork fat (optional);
- 2) 1 tbsp freshly chopped green onion, 1.5 tsp minced ginger, mix both with 1 tbsp water for 20 minutes then discard green onion and ginger;
- 3) 1/2 tsp salt, 1/8 tsp ground white pepper, 1 tsp corn starch, 1/6 tsp chicken broth mix, 1 tsp garlic oil or sesame oil;

Wrappers:

- 4) 2/3 cup wheat starch (89g), 3 tbsp tapioca starch (31g), 155 g boiling hot water;

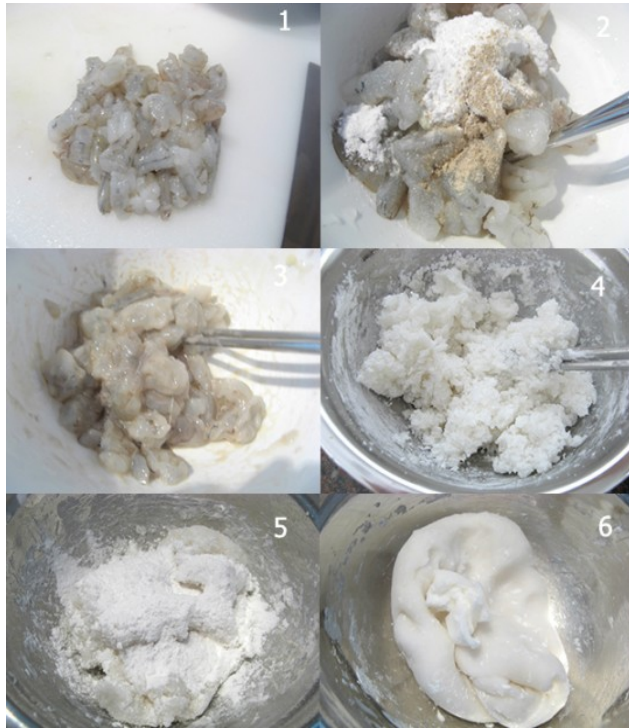
- 5) 2 tsp vegetable oil or lard;

Others:

- 6) 2 tsp garlic oil.

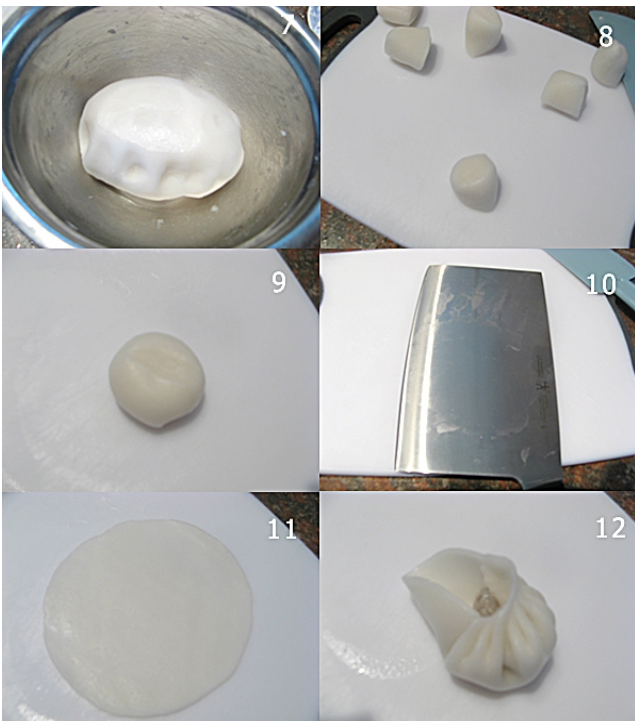
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Directions:



Filling:

1: Thaw the frozen shrimp, peel and devein the shrimp. Rinse under cold water. Press down with a cleaver to crush shrimp then cut into 3 small pieces (Picture 1). Combine the chopped shrimp and minced pork fat in a bowl. Then add liquid extract from green onion and ginger of Ingredient 2) and all ingredients of Ingredient 3) (Picture 2). Stir with a pair of chopsticks in one direction for 2 minutes until the mixture becomes sticky (Picture 3). Set it aside.



Wrapper dough:

2: Measure out 2/3 cup wheat starch and 1.5 tbsp tapioca starch in a medium bowl. Stir in 155 g boiling hot water (Picture 4) until it is well combined. Cover the bowl with plastic wrap and let it stand for 5 minutes. Add the remaining 1.5 tbsp tapioca starch (Picture 5) and knead to combine. Finally add 2 tsp lard (Picture 6) and knead until the dough is smooth (Picture 7).

Wrappers:

3: Rub small amount of oil on the dough and divide into 3 equal portions. Cover the rest with a damp cloth while working on one portion. On an oiled working surface, shape the dough into a log about 1 inch in diameter. Cut into 5 equal portions (Picture 8). Roll each one into a ball in your palms (Picture 9). Press down with a cleaver or pastry

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scraper (Picture 10) into an 11-cm disc (Picture 11). If it is too hard to flatten, roll it out with a rolling pin.

Shrimp dumplings:

- 4: Place 2 tsps filling in the center of the wrapper. Starting from the right side, fold slightly the back to form 11-12 pleats (Picture 12). Press the front against the back to seal. Repeat with the remaining dough and filling. Refer to this [video](#) for how to fold the shrimp dumplings.
- 5: Place dumplings on parchment paper squares on a steamer rack and brush the dumplings with garlic oil. Fill the steamer with 3 cups of cold water. Bring water to a boil over high heat. Place the steamer rack in the steamer and steam for 5 minutes. Remove from heat and place steamed shrimp dumplings on a serving plate. Yummy!

Tips:

1. Make sure to use the boiling hot water to make the dough. If in doubt, heat the warm water in a microwave oven until it reaches the boiling point.
2. Cover the unused dough with a damp cloth to avoid cracking.
3. To make the garlic oil, mix 1 tbsp freshly minced garlic with 1.5 tbsp corn oil. Microwave for 30 seconds. Stir and microwave for another 30 seconds.

3. BBQ Pork Buns - Cha Siu Bao

Cha siu bao is a well-known Chinese BBQ pork-filled bun. It is a must order dim sum item every time we visit a Cantonese restaurant. The super soft steamed buns and the sweet BBQ pork filling make your mouth water, well worth the effort.



Prepare time: 40 minutes

Cook time: 12 minutes

Stand time: 8-12 hours

Level: Medium

Serves: 8 servings

Ingredients:

Starter dough:

- 1) 1/2 cup cake & pastry flour (70g), 1/4 cup lukewarm water (58g), 1/2 tsp [fast rising yeast](#);

Dough:

- 2) 1 cup cake & pastry flour (150g), 1/4 cup corn starch (38g), 1.5 tsp double acting baking powder, 2/3 tsp [ammonium carbonate](#);
- 3) 1/4 cup + 2 tsp lukewarm water (68g), 5 tbsp sugar (73g), 2 tbsp lard (28g);

BBQ pork filling:

- 4) BBQ pork 150g diced;

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Directions:

Dough starter:

1: Combine 1/2 cup flour, 1/4 cup water and 1/2 tsp yeast in a medium-size bowl to form soft dough (Picture 1), cover with plastic wrap and let it stand at room temperature for about 8-10 hours.

2: BBQ pork filling: Heat 2 tsp oil in Non-stick sauté pan on medium-high heat. Sauté chopped green onion and sliced ginger for 30 seconds (Picture 2) and then add all ingredients of Ingredient 6) bring to boil. Add starch and water mixture of Ingredient 7) mix, then add diced BBQ pork and food colouring mix well (Picture 3)...

29. Mango Cake Roll

This is my favorite chiffon cake roll. The recipe has been tested and improved over the years in my kitchen. The cake is so light and moist with mango cream filling, absolute delicious. Many of my colleagues and friends have asked for the recipe, so now I share it with you.



Prepare Time: 25 minutes

Cook time: 20 minutes

Stand time: 2 hours

Level: Medium

Serves: 16 servings

Ingredients:

Cake:

- 1: 4 large eggs;
- 2: 1/2 tsp white vinegar or 1/3 tsp cream of tartar, 1/4 cup sugar (60g);
- 3: 3 tbsp sugar (45g), 3 tbsp corn oil (36g), 1 tsp mango extract, 2.5 tbsp water (35g);
- 4: 1/2 cup cake & pastry flour (75g), 1/3 tsp baking powder, mix well with a fork;

Cream filling:

- 5: 1/2 cup whipping cream, 1/4 cup cream cheese, 1/4 cup icing

sugar;

6: one small Asian mango, peeled and cored, cut into thin slices.

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Directions:

Preheat oven at 340F.

1: Separate eggs into two clean and dry mixing bowls. Add white vinegar to egg whites and beat with an electric mixer on high speed until soft peaks form. Then add $\frac{1}{4}$ cup sugar and continue beating until stiff (Picture 1). Set aside.

2: Add 3 tbsp sugar to egg yolks and beat with the same electric mixer on high speed for about 2 minutes. Add 3 tbsp corn oil and beat for 1 minute. Add the rest of ingredients of Ingredient 3) and beat at low speed for 30 seconds.

3: Add flour and baking powder mixture of Ingredient 4). Beat at low speed for 1 minute then switch to high speed for another minute (Picture 2).

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- 4: Add 1/3 of the beaten egg whites into the egg yolk and flour mixture and mix well. Then pour the batter back into the remaining 2/3 of the beaten egg whites (Picture 3). Gently fold with a spatula to evenly mix.
- 5: Pour batter into a 23×33 cm baking pan lined with parchment paper (Picture 4) and smooth the top. Bake in preheated oven at 340F/170C for 20 minutes.
- 6: Invert the cake onto a parchment-lined surface. Carefully peel off the parchment paper (Picture 5) and trim off the edges. Roll up the cake in the paper, starting with the long side. Set aside to cool completely (Picture 6).
- 7: Meanwhile prepare the filling. Beat 1/2 cup of whipping cream until stiff. Add cream cheese and icing sugar, beat to mix well (Picture 7). Unroll the cake and evenly spread the filling over the cake. Leave a small section at one end uncovered. Place mango slices on on top (Picture 8). Roll up cake again and place seam side down. Wrap in parchment paper (Picture 9) and chill for 2 hours.
- 8: Slice the cake before serving.

End of this ebook sample.

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