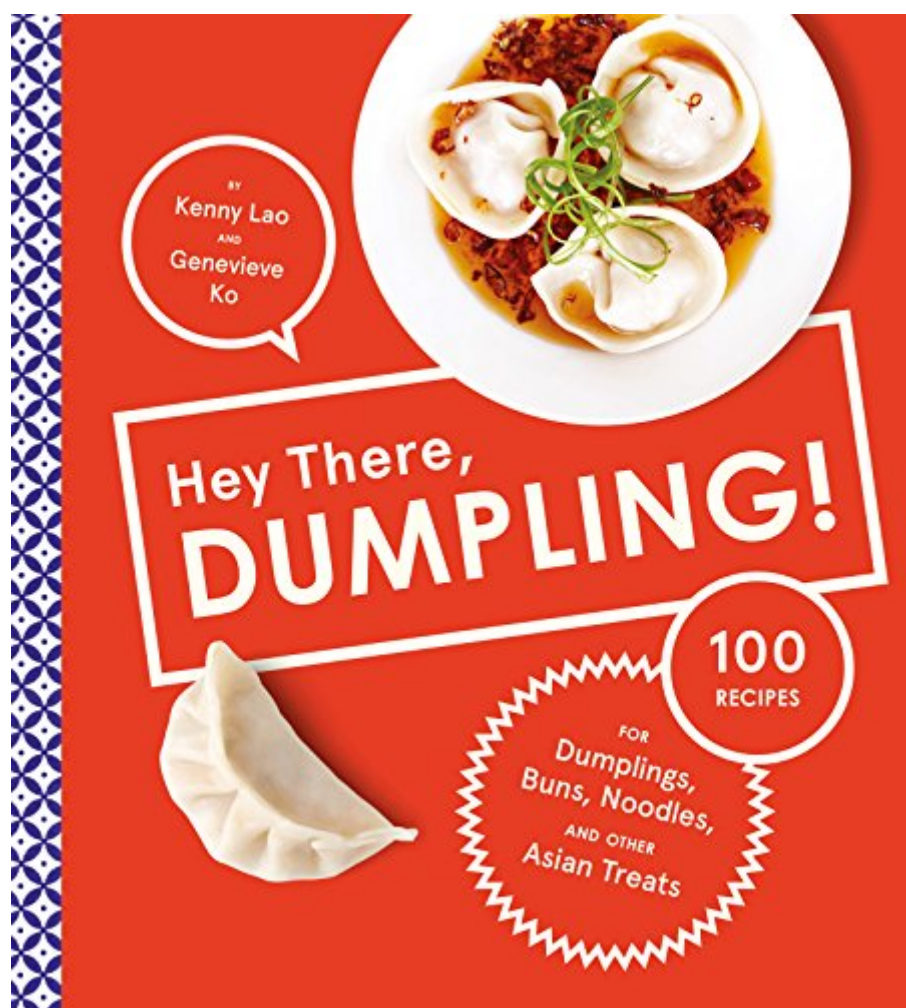


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Hey There, Dumpling!: 100 Recipes For Dumplings, Buns, Noodles, And Other Asian Treats



Synopsis

Kenny Lao has been making dumplings for 30 years--in homes, food trucks, and restaurants across America. He has made dumplings at large family parties, in professional kitchens with Michelin-star chefs, and even with rap mogul P. Diddy. In his first cookbook, Lao reveals how to make the perfect dumpling and host amazing dumpling parties. *Hey There, Dumpling!* features 100 recipes covering classic Asian and modern flavors, including Pork and Napa Cabbage and Spicy BBQ-Glazed Beef dumplings, mix-and-match tangy dips, crispy salads, delicious noodles, and festive drinks. With 50 color photographs, graphic step-by-step tutorials, and Lao's accessible approach to the kitchen, you'll be inspired to make dumplings a regular for weeknight meals and a star at your next dinner party.

Book Information

File Size: 18326 KB

Print Length: 208 pages

Publisher: Stewart, Tabori & Chang; 1 edition (September 8, 2015)

Publication Date: September 8, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B013PDP0F8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #193,914 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #125

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian #433 inÂ Books > Cookbooks, Food & Wine > Asian Cooking #2948 inÂ Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

When I signed up to review this book for NetGalley, I took my job seriously. I downloaded the cookbook, and set out to cook as many of the recipes as I could with the help of my guy--the real chef in the family. He and I have been cooking dumplings for years, so we were pretty sure there wasn't anything we could learn from this book beyond a few new filling recipes. Boy, were we

wrong. First, we learned the importance of a good wrapper and the differences between the different styles. Although the author offers a recommendation for his preferred wrapper, we tried a few different styles and thicknesses and came up with the best wrapper available in our area--and it wasn't the one recommended by the cookbook. If you have a chance, and if you aren't going to make your own wrapper, we suggest you pick up the PF Select Shanghai-style wrappers for all of your dumplings. You won't be disappointed. If you can't find PF Select, the author's suggestion of Grand Marguis Shanghai style is good too, but they'll be a bit more doughy. Second, we learned new folding styles for dumplings beyond the traditional half-moon. Third, Kenny Lao has a method for cooking dumplings that is absolutely fantastic. In the past, we've fried them and we've steamed them, but his treatment gives you a potsticker that is the best of both worlds and is easy. It's also a great method for making a ton of dumplings for a crowd. Fourth, we were skeptical of Lao's assertion that freezing the dumplings would yield excellent results. After freezing dumplings based on Lao's instructions, we have taken to making and freezing dumplings once a month, and we will never return to frozen grocery store dumplings again. There is absolutely no comparison. Finally, there are the recipes.

First a slight confession. I love dumplings. I adore them. I could fall asleep in a bed of them after taking an ambien so I would wake up to a full stomach and clean set of sheets. Second a slighter larger confession. I have not made my own wrappers from this book yet. I've gone the easy route of the nice solid stack from my local Asian market. But I will. I do plan on it. Some day. Lao provides a wonderful primer on the matter that goes well beyond dumplings. I love the set up in the book that provides wonderful visuals in how to go about setting up a dumpling friendly kitchen. The listing of tools and ingredient as well as pictures to make sure there is no mistake (I actually greatly appreciate that the author makes no bones about communicating what he knows -- as opposed to any assumptions of what he thinks I should already know -- here it works wonderfully) in what I need to have ready should I want to make any of the delights he provides recipes and careful detailed instructions for. I love the combination of familiar flavors placed in a dumpling. the Chicken and Thai basil was a huge hit. As was the Lamb and Cumin, the spicy Beef and Shiso and the chicken saag. Fun sauces that mean you can break out a bag of your favorite already made frozen dumplings and still feel like you did your own bit. There is even a great chart that explores combining dumplings with sauces that just typing about it makes my stomach growl. Lao goes the full soup to nuts approach with this, so not just the familiar dumplings and their immediate cousin, the bun. He also tackles noodles and salads and of course the aforementioned soups.

I've had dumplings and steamed buns for two days straight now, and I still want more! These recipes are delicious! And a lot of fun to make. A big part of Mr. Lao's book is urging you to get together with friends and family to make his recipes, and I can assure you, it is just as much fun as he says! The very first thing you notice about this book is Mr. Lao's enthusiasm! His passion for life, family, and food " especially dumplings " spills from each page, and it is impossible not to get excited as you read! You will be eager to dive in and make the recipes. This was something that stuck with me, as often I have either found dry cookbooks that are just a recitation of ingredients, or books that are more narrative with a few recipes thrown in. Both initially interest me, but after a few uses, they sit untouched on the shelf. However, Mr. Lao's book reminds me of meals with friends and family, where " delicious, how did you make that? " and " I'll write the recipe down for you " are passed around the table as often as the serving dish. Actual excitement for sharing the food! I was very impressed. What sold me, as any good cookbook should do, was the great, mouth-watering pictures of the dishes! Be forewarned, they will most likely make you hungry. And as Mr. Lao's writing style is to encourage the reader and explain all the ways that you CAN do it, all factors combine to stoke the reader's eagerness to cook! (And subsequently, eat!) Speaking of pictures, as we made our different dough for the buns and dumplings, I was often asked if it looked right. Mr. Lao gives great description, but no pictures, of the basics, which would have been helpful. His personalized notes and descriptions were of great help, however, so our attempts still turned out very tasty!

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