
RECIPE BY NORSICAA – SERVES 6 TO 8 PEOPLE

HAR GAU (STEAMED PRAWN CRYSTAL DUMPLINGS)

Allergy Info: Dumpling contains shellfish and wheat/gluten. Serving suggestion contains sesame and soy.

Ingredients for Filling: 240g Raw King Prawns, Deveined & Shelled • 3 tsp of Tinned Water Chestnuts, Finely Chopped • $\frac{3}{4}$ tsp of Fresh Ginger, Skin Removed, Minced • 1 tsp Fine Table Salt • 3 tsp White Sugar • 3 tsp Cornflour • Pinch White Pepper

Ingredients for Dough (Important to follow exact measurements): 60g Wheat Starch • 40g tapioca flour • 40g Cornflour • 1 tsp Fine White Caster Sugar • Pinch Fine Table Salt • 120g Boiling Water • 2-3 tsp Vegetable Oil

Ingredients for Serving: Sesame Oil (To brush on) • Light Soy Sauce for Serving

Instructions / Method:

1. Finely chop the raw prawns but not so fine that it becomes mince – you want some of the bouncy texture of the prawn still. Mix the prawn with all the other filling ingredients thoroughly in a bowl.
 2. For the dough, mix all the dry ingredients together first in a heatproof bowl.
 3. Put the water on to boil. As soon as it's reached boiling point, immediately pour it into the bowl and mix in rapidly with a large spoon for 15-20 seconds. It should have a crumbly, slightly gluggy texture (will not look like dough but don't worry). Quickly cover and seal the entire bowl with kitchen foil and allow the dough to 'cook' for 2 minutes.
 4. After 2 minutes, remove the foil and keep it aside. Add 2 teaspoons of vegetable oil and with your hands, fold and squash the dough for 2 minutes. If you're in a dry/hot environment you may need to add 1 more teaspoon of vegetable oil but the dough should never feel greasy. Once the dough starts forming a solid shape you can take it out and knead it for another minute or so on the board until it's smooth and there are no lumps. Do not keep kneading once it's reached this point.
 5. Form the dough into a cylindrical shape and cut off a 10th of it for your first batch of dumpling folding. Wrap the remaining dough in the foil and make sure it's sealed completely, as it dries out quickly. Keep the sealed dough at room temperature or slightly warmer while you make your batches of dumplings.
 6. With your rolling pin, roll out the dough as thinly as possible without it breaking. Cut out circles of the dough, add $\frac{1}{2}$ - $\frac{3}{4}$ teaspoon of filling, and then fold and pleat. I recommend putting finished dumplings into sealed containers to prevent drying and cracking before it cooks.
 7. Run your steamer basket quickly under the tap to wet it, this helps prevent it catching fire if using gas. Before placing it over the pot, put your liner papers in and your dumplings on top. Ensure that the liner papers aren't blocking the steam from coming up into the basket. Place the basket with lid on over the hot water – but it should not be a rolling boil as this will oversaturate your dumplings and make them soggy. Steam for about 8 minutes until the dough looks slightly translucent.
 8. Brush the dumplings with a little sesame oil and serve with light soy sauce.
 9. The dough can be frozen but it takes a lot of effort to bring it back to workable state, so I usually only make what I need each time. Uncooked dumplings freeze well though!
-