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## NASTURTIUM DUMPLINGS

*Serving size: 20-25 dumplings*

### Ingredients

- Dumplings
  - ¾ c. Kale
  - ½ c. Nasturtium leaves
  - ½ c. Eggplant
  - 1 c. Carrot
  - ¾ c. Zucchini
  - 3 Leeks
  - 2 T. Soy sauce
  - 2 T. Sesame oil
  - 1 ½ tsp. Black pepper, or to taste
  - ½ tsp. Salt, or to taste
  - (Optional) 1 ½ tsp. Chicken Bouillon
  - 2 T. Flour/Starch
  - 20-25 Dumpling wrappers\*
  - 2 T. Vegetable oil
  - ¼ c. Water
- Cilantro garlic soy sauce
  - ⅓ c. Cilantro
  - 2 cloves Garlic
  - (Optional) 1-2 T. (Purple) Chilis, chopped\*
  - ½ c. Soy sauce
  - ¼ c. Sesame oil
  - (Optional) ¼ c. Vinegar

### Instructions

- Dumplings
  1. Finely dice vegetables and mix together in a bowl.
  2. Add soy sauce, sesame oil, pepper, salt, chicken bouillon, and flour/starch. Mix to combine.
  3. Add 1 T of filling per wrapper.
  4. Fold dumplings in half.
  5. Heat oil in a pan over medium heat. Sear dumplings for about 2-3 minutes or until the bottoms are golden brown.

6. Pour water on a pan and cover dumplings for 7-8 minutes or until all the water has evaporated.
  7. Plate and serve with Cilantro Garlic Sauce.
- Cilantro Garlic sauce
    1. Mince garlic and finely chop cilantro and chilis.
    2. Add remaining ingredients and lightly mix to combine.

\*Notes:

- Don't let the wrappers dry out! You can avoid this by placing a kitchen towel over the wrappers as you wrap one at a time.
- Both square or round dumpling wrappers work. You can choose which one you prefer/is available.
- Any type of chilis will work!

## BLACKBERRY MINT TEA

*Serving size: 20-25 glasses*

### Ingredients

- 4 c. Blackberries
- 1 c. (Mojito) Mint leaves\*
- 1 ½ c. Sugar
- 12 Tea bags
- 5 qt. Water
- Ice
- (Optional) Freshly picked nasturtium petals

### Instructions

1. Bring water to a boil, add sugar and stir until dissolved.
2. Add blackberries, mint, and tea bags. Cover and let steep for 3-5 minutes.
3. Strain and chill tea for at least 1 hour.
4. Garnish with fresh nasturtium petals.

\*Notes:

- Any type of mint leaves will work!