



How To Make Dumpling Wrappers From Scratch

Makes approximately 2 lbs of dough or 7-dozen dumpling wrappers. This recipe can be scaled up for more dumplings or down for fewer. I personally love bigger batches when it comes to dumplings because dumplings keep well in the freezer for 1-2 months. Wrappers don't keep that well though so I recommend making what you need based on the amount of filling you have.

INGREDIENTS

4 ½ C (635g) Unbleached, organic all-purpose flour (un-sifted, just scoop and level off; or better yet, weigh on kitchen scale)

1 1/3 C (315ml) tepid water, plus 2-4 tbsp more as needed

METHOD

Place the flour in a large mixing bowl. Put bowl on top of a moist kitchen towel to help it stay in place while you stir. Slowly drizzle the 315ml of water in a steady stream while mixing with your hand or pair of chopsticks. Once incorporated, the dough should still look a bit scraggly with some loose, dry bits throughout. Start kneading the dough with your hands, only sprinkling teeny bits of water over very dry areas as needed. Knead for 8-10 minutes until very smooth. Shape the dough into a ball and allow to rest 15 minutes under a tea towel. Knead again for 3 minutes. Drizzle a tiny bit of oil into the mixing bowl and roll the dough ball around to lightly coat all over. Cover with tea towel again and this time, rest for at least 1 hour or up to overnight (use food wrap to wrap tightly if resting overnight). The longer the dough rests, the softer it gets. Softer dough is easier to handle but you also want the dough to retain some chewiness. You can make your filling while it rests. I have my two favourite filling recipes on the blog, this (plant based) [Chinese Vegetable Dumplings filling](#) and this authentic [Shanghai Wonton / Dumpling](#) filling recipe. I'm very particular about what filling is worth the time and effort of homemade dumplings and these two are it for me!

Once your dough has rested, set up your wrapping station. Line two baking sheets with parchment paper (you can dust it with a bit of flour too) to hold the completed dumplings. Set out a portion of filling and a small dish of cold tap water for sealing edges. Have some flour on hand for dusting as you roll out dough. A kitchen scale is useful to weigh out dough pieces to ensure you end up with same-



sized wrappers but don't worry if you don't have one, you can also guesstimate. Tip: Roll wrappers and fill and fold them in small batches, as the rolled-out wrappers dry out quickly. I like to work with 10 at a time, but start with 5 at a time if this is your first time.

Cut the dough ball into 6-8 more manageable pieces and keep them well covered under the tea towel or plastic wrap as you work. Take one piece of dough and roll with your hands into a long rope about 1" in diameter. Cut into 1 tbsp sized pieces, about 10g each. Dust the cut pieces and work surface lightly with flour. Take one piece and place it cut-side facing up. Use fingertips to gently shape it as round as you can – this simple step helps yield a round wrapper once you start rolling. Flatten with the palm of your hand. Dust a small rolling pin and roll the dough into a circle approximately 3½" in diameter, with edges thinner than the centre of the wrapper. There are different ways to roll. Use a method that feels comfortable to you. I share my technique below.

HOW TO ROLL OUT DUMPLING WRAPPERS:

As mentioned, it is important to roll the edges thinner than the center because the edges are essentially doubled-up once pleated. A super-thick edge is not desirable. This is how I roll my wrappers:

- (1) Give the dough a few light rolls back and forth, stop, rotate, roll. This is an easy way to start while maintaining a circular shape.
- (2) Start rolling like pie dough i.e. rolling outward from the center, stop, rotate 45 degrees after each pass, and repeat until the wrapper is about 80% of the way there (full size being ~3 ½").
- (3) For the final 20%, be deliberate about rolling just the edges alone, in repeated outward motions with the rolling pin in one hand, while the other hand rotates the dough (at the same time).

Don't worry, it needs not be perfectly circular. Once you pleat the dumpling, a little wonkiness won't be noticeable. And practice makes perfect! Once you've rolled out 3-5, fill and fold into a dumpling. Rolled out wrappers tend to dry out and become more difficult to pleat, hence, I recommend working in batches of 5 wrappers at a time, until you get faster.

HOW TO

Place about 1 tbsp of filling in the center of your dough wrapper, leaving a border all around. Adjust amount of filling such that you get a plump dumpling (nothing like a flaccid dumpling) but can still



comfortably seal the edges without a risk for coming apart during cooking. Dab one finger in the water and run it around the outer edge of the wrapper to wet it. This helps to form a secure seal.

Wrap the dumpling however your wish – there are a myriad of styles! The quickest and simplest way is to fold it in half, into a half moon. My personal go-to is the symmetrical pleat, as pictured in this post.

HOW TO – CLASSIC PLEATS

Start by attaching opposing ends of the wrap (i.e. the 12 o'clock to the 6 o'clock part of the circle) and press gently, at just that point, so it sticks together there. From that center point, begin working outward to the left of the half-circle all the way to the outer end, folding a series of 3 to 5 slightly-overlapping pleats. Repeat the same pleats on the right side, from center point to the outer end. Note that when making each pleat, only one side (the outward facing side) of the wrapper is manipulated i.e. the inward facing side of the wrapper does not move. Fold a small pleat and press down to seal; repeat with another pleat slightly overlapping the first and press down to seal. At the end, pinch flat to close or, my way is to tuck the end in once, then pinch. It sounds a little complicated trying to describe in words – have a look at the step-by-step images and GIF for the visual.

Cook dumplings according to recipe directions.