



DESCRIPTION

U Cook Across the U.S.! Join host Carrie Shankweiler and her ATV friends as they show you how to make a classic Alabama Beef Dumpling meal! Yum!

MATERIALS

- 1/2 lb ground beef
- 4 thinly sliced scallions
- 3 tbsp. low-sodium soy sauce
- 6 tbsp. water
- 1 egg, beaten
- 1 package pot sticker wrappers
- Cooking oil

TOOLS

- Bowls
- Spatula
- Pastry brush
- Spoon
- Cookie sheet
- Non stick skillet
- Tongs

DIRECTIONS

1. Place your ground beef, water, scallions, and soy sauce into a large bowl. Stir it all together with your spatula.
2. Place a small spoonful of the meat mixture into the center of each pot sticker wrapper. Be sure not to use too much or the wrappers won't be able to close.
3. Take a pastry brush and dip it into your beaten egg. Spread it along the inner edges of your wrappers. The egg will serve as the glue that holds the sealed pot stickers together.
4. Take one corner of your wrapper and fold it to the opposite corner to form a triangle. Make sure all of the filling is tucked inside and press down along all of the edges to seal them together. Do this for all of your pot stickers and place them on a cookie sheet.
5. In a heated non stick skillet with cooking oil, sauté your dumplings over the stove at medium heat, six at a time. Let them sit undisturbed for about a minute and a half and then turn them over with tongs. Cook them on the other side for another minute and half. Be sure to let your adult helper assist you with the stove.
6. Now it's time to steam the dumplings. Pour some water into the skillet, place the lid on, and let them steam for about three minutes.
7. Place your finished dumplings on a plate and serve up with some soy sauce!