



Makes 22 dumplings
Preparation Time: 1 hour 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

¾ cup whole wheat flour
⅓ cup hot water
1½ cups ½-inch cubes sweet potato
8 oz. fresh shiitake mushrooms, cut into ½-inch pieces (discard stems)
1½ teaspoons grated fresh ginger
3 cloves garlic, minced
1½ teaspoons brown rice vinegar
½ cup thinly sliced scallions
Sea salt, to taste
Freshly ground white pepper, to taste
½ cup cornstarch or arrowroot powder
2 tablespoons reduced-sodium soy sauce
¼ teaspoon toasted sesame seeds

Sweet Potato and Shiitake Mushroom Dumplings

There's truly nothing tastier (and more rewarding) than a batch of homemade dumplings. These delicious little parcels are stuffed with a savory blend of [sweet potato](#) and [shiitake mushrooms](#) to create a mouthwatering filling that pairs perfectly with the sesame-soy dipping sauce. While making your own dumpling dough might take some extra effort, the end result is a wonderfully thin and chewy wrapper that gets perfectly tender when boiled for a minute or two. If you want to kick up the spice factor, try adding a splash of sriracha or sambal oelek to the dipping sauce.

Tip: You can make these dumplings through Step 6 and freeze them for up to 1 month in a resealable plastic freezer bag with parchment squares between dumplings to prevent sticking.

For more Chinese-inspired recipes, check out these tasty ideas:

- [Sichuan Eggplant with Potatoes](#)
- [Sweet and Sour Vegetable Soup](#)
- [Chinese Cabbage Salad](#)
- [Five-Spice Stir-Fry](#)

By Darshana Thacker Wendel

- 1 In a food processor fitted with a dough blade combine flour and hot water; process until a tight dough forms. Transfer dough to a bowl. Cover with a damp clean cloth; let stand 20 minutes.
- 2 Meanwhile, in a large nonstick skillet cook sweet potato, mushrooms, ginger, and garlic over medium 10 minutes or until sweet potatoes are tender, stirring occasionally and adding water, 1 tablespoon at a time, as needed to prevent sticking. (Add as little water as possible.)
- 3 Add scallions and vinegar. Season with salt and pepper. Stir to combine. Taste and adjust seasoning.
- 4 Prepare assembly station: Fill a small bowl with water. Place cornstarch in a shallow dish.
- 5 Divide dough into teaspoon-size portions. Roll a portion between your palms to form a ball. Roll ball in cornstarch, then place on a cutting board. Using a rolling pin, flatten ball into a 3-inch disk.
- 6 Place a heaping tablespoon of sweet potato mixture in center of dough disk. Dip a finger in the water then run it along the edge of half of the dough disk. Bring the opposite edge over filling and press to seal edges completely. Pinch edges in a few places to create a pattern. Repeat with remaining dough and filling.
- 7 Bring a pot of water to boiling. Gently drop four dumplings into water. Boil 1 to 2 minutes or until dumplings float to top. Scoop out with a slotted spoon and set aside. Repeat with remaining dumplings.

- 8 For dipping sauce, in a small bowl whisk together soy sauce, sesame seeds, and 2 tablespoons water. Serve dumplings warm with dipping sauce.