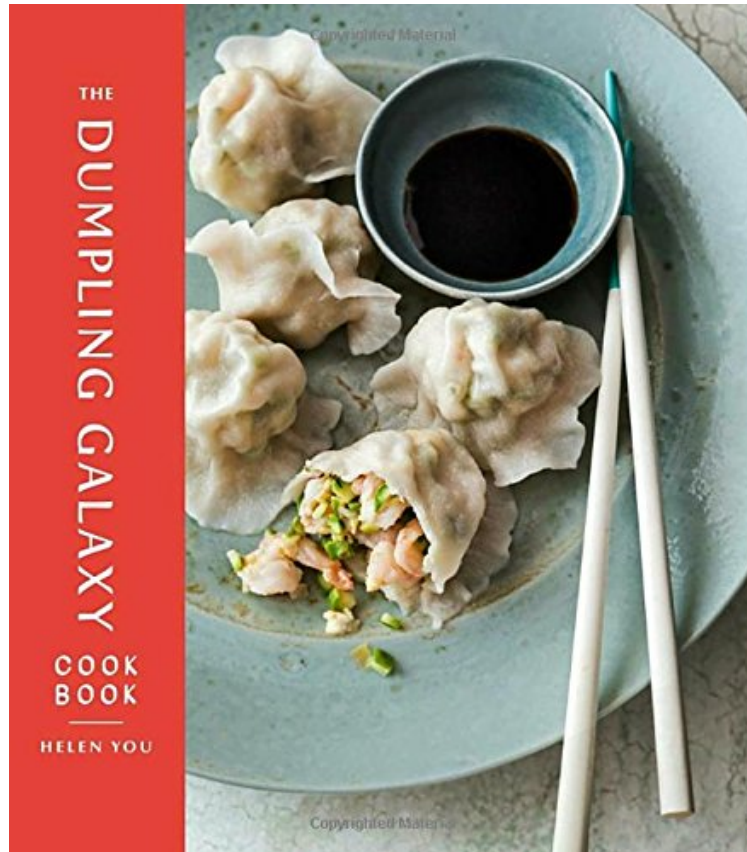


(Ebook pdf) The Dumpling Galaxy Cookbook

The Dumpling Galaxy Cookbook

Helen You, Max Falkowitz

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Helen You, Max Falkowitz : The Dumpling Galaxy Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Dumpling Galaxy Cookbook:

7 of 7 people found the following review helpful. A little universe of dumpling recipes
By Karen McAuley This is a charming little cookbook--nicely designed, even witty in its endpapers and illustrations. The recipes are well written, easy to understand, and in many cases illustrated in a series of how-to photographs. Helen You and her co-writer Max Falkowitz want you to learn about making dumplings from scratch--no previous experience is necessary. That doesn't mean that making dumpling dough is easy--we found that it is not. It takes strong hands, lots of time and patience, but the fillings are light and tasty and we think that with practice making the dough and shaping the dumplings will get easier. Meanwhile, you'll have fun. (If you're in NYC, do take the 7 train to Main Street Flushing to Mrs. You's restaurant. It's a treat!)
5 of 6 people found the following review helpful. Three stars
By Maree If you're new to folding dumplings, Kenny Lao's 'Hey there Dumpling ...' gives much better explanations and illustrations. All in all, this is a pleasant little book but in no way definitive. I realise that this book is intended to represent the dumplings of the author's restaurant. However, it is highly unlikely that I will ever eat there. Consequently, my review is based on the book solely as a cookbook on dumplings.
0 of 0 people found the following review helpful. Five Stars
By DOUGLAS A TAUB great recipes

"Flushing jiaozi master Helen You's guide to what many consider the best shuijiao (or boiled Chinese dumplings) in town." -- New York magazine From the restaurant where adventurous foodies get the freshest dumplings in New York City, comes the ultimate Chinese cookbook with 60 recipes for classic and unexpected dumplings and dim sum-like side dishes. New York Times critic Pete Wells calls Helen You "a kind of genius for creating miniature worlds of flavor" and, indeed her recipes redefine the dumpling: Lamb and Green Squash with Sichuan pepper; Spicy Shrimp and Celery; Wood Ear Mushroom and Cabbage; and desserts such as Sweet Pumpkin and Black Sesame Tang Yuan. With information on the elements of a great dumpling, stunning photography, and detailed instructions for folding and cooking dumplings, this cookbook is a jumping-off point for creating your own galaxy of flavors.

"A brief but thorough guide to the dumplings of your dreams." —Lucky Peach "New York City's famed dumpling spot delivers 60 Chinese recipes, both classic and updated, which you'll love to bring into your home" —Food and Wine "For beginners, it does take some time to roll these wrappers by hand . . . But the result is hot, fresh, tender dumplings, and even if they don't look as perfect as Helen You's, they can still carry a taste of home." —New York Times "Once you get a hang of making and folding wrappers—or, more realistically, using store-bought—there are limitless options for dumplin' stuffin' . . . In *The Dumpling Galaxy*, a shrimp, egg, and asparagus dumpling is like a brunch quiche in dumpling form, and salmon and dill are reminiscent of a bagel with lox . . . For the truly adventurous, embark on an epic weekend project of making pork soup dumplings. The advanced technique includes making a flavorful broth that is congealed, cut into cubes, and tucked inside steamed dumplings. The result is a nice slurp of soup followed by a tender bite of dumpling." —Bon Appetit "Helen You has been selling dumplings in Flushing, Queens, for over a decade. And now, thanks to her new cookbook, you can imitate making her wonderful dumpling creations right in the comfort of your own home. Learn the dos and don'ts of the traditional yet finicky dough, and delicious but simple fillings." —Tasting Table "Dumpling Galaxy's cookbook will bring Flushing dim sum to your kitchen . . . Regulars will recognize Dumpling Galaxy's signature creations, such as lamb with green squash, though the book also features some brand-new creations, including salmon with dill." —AM New York "Making good dumplings takes nothing more than practice, and You shares her most popular recipes with detailed tips on texture and technique to make this a perfect guide for anyone who wants to create dumplings at home." —Milwaukee Journal-Sentinel About the Author HELEN YOU is the chef and owner of Dumpling Galaxy in Flushing, Queens, which started as the Tianjin Dumpling House, a stall in the Golden Shopping Mall basement food court. Helen and her dumplings have been lauded in New York magazine, Serious Eats, Eater, and the New York Times, which named Dumpling Galaxy a Critics' Pick and awarded it one star. She lives in New York with her family. A native of Queens, MAX FALKOWITZ is the senior digital editor of Saveur and previously worked at Serious Eats as a senior features editor. Excerpt. © Reprinted by permission. All rights reserved. From the Introduction For some, dumplings are merely the start of a meal, but in my family they sit at the center of the plate. Whenever we have a family gathering, we make dumplings. When someone leaves for a long trip, we say goodbye with dumplings. When couples get married, their first meal together as spouses may be a feast of one hundred dumplings, because they need at least that many to wrap up all the good fortune we wish upon them. And of course we make dumplings any night of the week, simply because they taste so good. My clearest memory from childhood is watching my mother and grandmother at the kitchen table, working together to roll out dough and fold countless dumplings at a time. I was mesmerized by their perfect coordination, shaping each fold with such care and speed. And I couldn't believe how much food they made out of nothing more than bits of meat, vegetables, and flour. The magic of eating dumplings was always the surprise of that first bite, a burst of juicy filling and eye-popping flavor that caught me off guard, even though I had seen everything that went into the wrapper. At an early age I had already learned that dumplings spur not one but two kinds of joy: making them, with all the hands in the house around the table, and eating them, for that unexpected moment of delight. Everything I have today I owe to dumplings, and they have always meant more than just a good meal. I grew up during the Chinese Cultural Revolution in Tianjin, a northern port city just southeast of Beijing. When I was very young, the authorities sent my father to a labor camp for daring to speak out against corruption in the local government, which left my mother to raise my brother and me by herself. When I was twelve years old, she decided I was old enough to take the train alone to visit my father at the camp. That morning, she and I made a special batch of dumplings that I carried with me—one of the only comforts of home we could share with him. His eyes lit up when I pulled those dumplings out of my bag—and every time after that I brought a batch on my visits. No matter how hard his life was, I took comfort in knowing that he could always look forward to another batch. In 1989, I moved to New York to pursue my second college degree, and a few years later I fell in love with a man I met, of all places, in a restaurant. We had our first of three children together in 1997, and after I graduated I became an accountant. I had a good life and a good job, and in a parallel universe I know there's a Helen who still enjoys that simple life and gets far more sleep than I do now. But a part of me always wanted to be my own boss, so in 2007, with my family's encouragement, I opened a tiny stall in a steamy underground food court in Flushing, Queens, New York's most bustling Chinatown. Surrounded by noodle shops and wonton slingers, I naturally made dumplings in the hearty, rustic style of those found in my home city—from scratch and with the freshest ingredients I could find from the nearby

markets. Opening day was slow. We sold all of 150 dumplings—only to local Chinese customers—and business stayed sluggish for a while. But soon, word began to spread, and more people lined up for one of the ten seats at my stall. My original menu had only three kinds of dumplings, and after customers worked their way through those choices, they invariably wanted something new. So I kept developing different flavors to keep them coming back, both with the northern Chinese flavors of home and all the new ingredients I'd find in the American groceries. My customers also grew more diverse. Encouraged by everything from the New York Times, which profiled the food court that housed my stall, to Anthony Bourdain, who featured a neighboring vendor on his show *No Reservations*, people from all over New York started taking hour-long trips on the subway to explore Flushing's food scene, and suddenly I was feeding a clientele who claimed they'd never tasted anything like my dumplings before. Eventually I earned enough to open a full-service restaurant of my very own, an embassy to Chinese dumplings called *Dumpling Galaxy*, where I could finally offer every kind of dumpling I've ever dreamed of. My restaurant's Chinese name literally translates to "One Hundred Kinds of Dumpling Garden," and yes, you really will find one hundred different dumplings on the menu. They include classic recipes, like my mother's favorite ground pork with garlic chive, as well as others I've developed, including lamb with summer squash, beef with Indian curry powder, cabbage with snappy wood ear mushrooms, and muscular dried octopus. And I haven't stopped dreaming: I'm still developing new flavors all the time.