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Low FODMAP Dumplings

Posted on January 24, 2025





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These dumplings are perfect for celebrating Lunar New Year or enjoying a comforting snack. They're packed with flavour and FODMAP Friendly, making them a hit for anyone following a low FODMAP diet.

Low FODMAP Dumplings

Prep Time: 50 minutes

Cook Time: 5-10 minutes

Makes: 20*

*Ideal to serve 4 people as a starter or 2-3 people as a main dish

(up to 10 are low FODMAP in one serve)

Ingredients:

For the dough:

- 2 cups gluten-free all-purpose flour
- ½ cup hot water
- 1 tablespoon canola oil

For the filling:

- 200g (7 oz) ground pork, chicken, or firm tofu (crumbled)
- 1 cup Chinese cabbage, finely shredded
- 1 medium carrot, finely grated
- 1 tablespoon ginger, finely grated
- 2 green parts of spring onions, finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon rice wine vinegar
- ½ teaspoon white pepper (optional)
- Pinch of salt

For cooking:

- 2 tablespoons vegetable oil
- ⅓ cup water (for steaming during pan-frying)

Optional dipping sauce:

- 2 tablespoons gluten-free soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon rice vinegar
- ½ teaspoon chilli flakes or a dash of chilli oil (optional)

Method:

Make the dough:

1. In a large mixing bowl, combine the gluten-free flour and hot water.
2. Stir with a fork or chopsticks until a shaggy dough forms.
3. Add the oil and knead until smooth (about 5-7 minutes). Cover and let rest for 30 minutes

Prepare the filling:

1. In a mixing bowl, combine all filling ingredients and mix well.
2. Taste-test a small portion by cooking a teaspoon of the mixture in a pan. Adjust seasoning if needed.

Assemble the dumplings:

1. Roll the dough into a log and divide it into 20 equal pieces.
2. Roll each piece into a ball, then flatten into a thin circle (~3-inch diameter).
3. Place 1 teaspoon of filling in the centre of each circle.
4. Fold the dough over the filling to create a half-moon shape, pinching the edges together to seal. You can pleat the edges for a traditional look.

Cook the dumplings:*Option 1: Pan-fry*

1. Heat 1 tablespoon of oil in a non-stick pan over medium heat.
2. Add the dumplings in a single layer and cook until the bottoms are golden brown (about 2 minutes).
3. Add ⅓ cup water, cover, and steam for 5 minutes. Remove the lid and let the water evaporate.

Option 2: Boil

1. Bring a large pot of water to a boil.
2. Add the dumplings and cook until they float to the surface (about 3-4 minutes). Remove with a slotted spoon.

Serve:

Serve hot with the optional dipping sauce on the side. Enjoy!

Use our FODMAP Friendly App (<https://fodmapfriendly.com/app/>) to find low FODMAP substitutes for any ingredient!



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