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Low FODMAP Pork Dumplings



Whether you call them Low FODMAP Pork Dumplings or pot stickers, this classic Chinese appetizer CAN fit into your low FODMAP lifestyle. Purchased thin wheat flour wrappers are filled with a flavorful pork filling, featuring soy sauce, scallion greens, fresh ginger and toasted sesame oil. Once they are cooked we serve them up with a tangy dipping sauce.

Low FODMAP Serving Size Info: Makes about 50 dumplings; about 12 servings; 4 dumplings per serving

Course: Appetizer
Cuisine: Chinese

Prep Time: 40 minutes
Cook Time: 20 minutes
Total Time: 1 hour

Makes: 12 Servings
Calories: 241 kcal
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Ingredients:

Dipping Sauce:

- ¼ cup (60 ml) unseasoned rice vinegar
- ¼ cup (60 ml) low-sodium gluten-free soy sauce, such as San J
- ¼ teaspoon FreeFod Garlic Replacer; optional
- ¼ teaspoon sugar;
- 1 teaspoon toasted sesame oil
- Chili oil to taste

Dumplings:

- 1- pound (455 g) ground pork
- 12- ounces (340 g) very finely shredded Chinese cabbage (also called Wombok or Napa)
- ½ cup (32 g) thinly sliced scallions, green parts only
- 3 tablespoons low-sodium gluten-free soy sauce, such as San J
- 2 tablespoons toasted sesame oil
- 1 tablespoon very finely minced fresh ginger
- ¼ teaspoon kosher salt
- 1 large egg
- 50 round dumpling, wonton, or gyoza wrappers
- Neutral vegetable oil
- Water

Preparation:

1. **For The Dipping Sauce:** In a small nonreactive bowl whisk together the rice vinegar, soy sauce and FreeFod Garlic Replacer and sugar, if using. Once the Replacer and sugar are dissolved, whisk in the toasted sesame oil and chili oil to taste, again, if using. Taste and adjust amounts of ingredients as desired. Sauce is ready to use or may be stored at room temperature in an airtight container overnight.
2. **For The Dumplings:** In a large bowl, combine the pork, cabbage, scallion greens, soy sauce, toasted sesame oil, ginger, salt and egg until very well mixed. Use your hands to make sure the mixture is very well combined.
3. Create your dumpling making station with your filling, water and dumpling skins nearby. Have a damp cloth over the dumpling skins (or plastic wrap) to keep them from drying out as you make your dumplings.
4. Place about 2 teaspoons of pork filling onto the center each wonton skin. Moisten edges of dumpling skin with water. You can use your fingertip dipped in water, or use a small brush.
5. Fold dumpling skin edges over to form a half-moon shape. You can either press firmly to seal, or gently pleat. NOTE: You do not have to get fancy and pleat! You CAN simply press the edges together and be done with it. Easy! The most important thing is that the two halves are sealed well together, pleats or not.
6. If you want to pleat, there are many approaches to take; I will describe two.

7. **The One Directional Pleat:** This is where pleats go all the way across the crescent shape, folding and pleating in one direction. Hold the dumpling in front of you with the two halves folded to make a taco shape, but in this case you have not pinched and sealed any parts yet. Then, focusing on the side of the dumpling near you, begin on the left side and pinch the very edge together. Then make one small pleat, folding the wrapper onto itself towards the left. Continue moving across the wrapper, keep making pleats, all facing that left direction. Note that some folks like to pleat to the right, and also some folks find it easier to pleat the edge that is on the backside of the dumpling. Do whatever you need to do that feels easiest. You will probably get about 5 or 6 pleats total. Make sure to pinch the ends closed when finished pleating.
8. **The Two Directional Pleat:** This is where pleats fold in from the left and the right for a symmetrical, but more complex look. Hold the dumpling in front of you with the two halves folded to make a taco shape and pinch the center together to create stability.
9. Then, focusing on the side of the dumpling near you, begin to the left of the center pinch and create pleats folding and pleating towards the middle and keep working your pleats moving towards the left end of the dumpling. When you get to the left end you can simply pinch together or make one last tiny pleat. Repeat by making pleats on the right side, going towards the center. You will get 3 or 4 pleats on each side. Give all the pleats one last firm squeeze.
10. When your dumplings are all filled you can place them on a pan in a single layer and freeze. Once frozen they can be popped into zip-top bags or airtight containers and frozen for up to 2 months. You can proceed and cook them as described below from frozen; the cooking time might just be a tad longer.
11. You can boil, steam or pan-fry the dumplings.
12. **To Steam Dumplings:** Set up a covered bamboo steamer over boiling water. Cut a piece of parchment paper to fit, then line the inside of the steamer. You can also lay a large cabbage leaf down instead of the paper. Place dumplings on paper/cabbage leaf. Steam for about 10 minutes or until they look a bit translucent. Serve immediately with Dipping Sauce.
13. **To Boil Dumplings:** Bring a pot of water to a boil, drop the dumplings in, allowing room for them to move around, and cook for about 3 minutes or until translucent and they float to the top. Drain, dab on a layer of paper towels to absorb excess water. Serve immediately with Dipping Sauce.
14. **To Pan Fry Dumplings:** Add enough vegetable oil to just cover and create a thin film over the bottom of a skillet (I have successfully used nonstick, triple-ply stainless and cast-iron). Heat over medium heat until oil is shimmering then add as many dumplings - fat, broad side down - as will fit allowing ample room between. Cook until the bottoms have turned brown and golden, shaking pan occasionally. Add water to about the depth of ¼-inch (6 mm) to the skillet and watch out as it will immediately create steam and bubble up; immediately cover. Keep cooking for a few minutes, shaking the pan a few times, until the dumplings are translucent. The water should be mostly evaporated. Uncover and shake the pan a few times and allow the heat to dissipate the water completely. Serve immediately with Dipping Sauce.

Notes:

FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Cabbage:** Both Monash University and FODMAP Friendly have lab tested various cabbages and reported their low FODMAP serving sizes. According to Monash Green Cabbage is low FODMAP in amounts of 75 g (3/4 cup) and Red cabbage is low FODMAP in amounts of 75 g (3/4 cup). According to Monash Savoy cabbage is low FODMAP in amounts of 40 g (1/2 cup). According to FODMAP Friendly Savoy cabbage is low FODMAP in amounts of 75 g (1 cup). According to both Monash and FODMAP Friendly, Napa cabbage is low FODMAP in amounts of 75 g (1 cup).
- **Ginger:** Monash University has lab tested fresh ginger root and has determined it to be free of FODMAPs, making it one of our go-to no FODMAP foods.
- **Oil:** All pure oils are fats and contain no carbohydrates, therefore they contain no FODMAPs.
- **Scallions:** The green parts of scallions are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.
- **Sugar:** Monash University and FODMAP Friendly have both lab tested white, granulated sugar. Monash states that a Green Light low FODMAP serving size of white sugar is 1/4 cup (50 g). FODMAP Friendly simply states that they have tested 1 tablespoon and that it is low FODMAP. Regular granulated white sugar is sucrose, which is a disaccharide made up of equal parts glucose and fructose. Sucrose is broken down and absorbed efficiently in the small intestine.
- **Vinegar:** Several vinegars have been lab tested by both Monash and FODMAP Friendly. From Monash: Apple cider vinegar is low FODMAP at 2 Australian tablespoons or 42 g; Balsamic vinegar is low FODMAP at 1 Australian tablespoons or 21 g; Malt vinegar contains no FODMAPs; Rice wine vinegar is low FODMAP at 2 Australian tablespoons or 42 g. From FODMAP Friendly: Balsamic gets a "Pass" at 2.5 tablespoons or 42 ml. Apple cider vinegar gets a "Pass" at 1 tablespoon or 14 g (don't ask me why one is in milliliters and the other in grams).

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

Nutrition Facts

Low FODMAP Pork Dumplings

Amount Per Serving

Calories 241 Calories from Fat 108

% Daily Value*	
Fat 12g	18%
Saturated Fat 3g	15%
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 27mg	9%
Sodium 75mg	3%
Potassium 109mg	3%
Carbohydrates 22g	7%
Fiber 1g	4%
Sugar 1g	1%
Protein 11g	22%
Vitamin A 3IU	0%
Vitamin C 1mg	1%
Calcium 6mg	1%
Iron 1mg	6%

* Percent Daily Values are based on a 2000 calorie diet.