Dear Parents,

This term, we are learning the Unit of Food. Towards the end of the unit, in class, students will role play eating in a ‘restaurant’ and order ‘food’. To support us learning and consolidating the unit, I would suggest you cook a dumplings meal or any Chinese dish at home together with your child. To prepare for this, you can visit my website and go to unit of Food under Year 2, look at the slides and Chinese cards and discuss with your child what they have learned in class. Attached is a dumplings cooking method I uploaded for your reference. It would be highly appreciated if you can take some photos of the home activity so that your child can bring to class to share. Thank you for your support.

Nicole Shang

Experience the Culture of Dumplings

Dumpling in Mandarin is called ‘jiao zi’. ‘Jiao’ means ‘transaction’ and ‘zi’ is the time between 11 pm and 1am. Chinese families gather together at Chinese New Year Eve to make dumplings together: they cook and eat dumplings between 11pm to 1 am, to celebrate the passing of the old year and the start of the New Year. Now, dumplings become a normal meal for most northern Chinese whenever there is a celebration.

I briefly describe the dumplings making procedure here including a couple of popular recipes, so you can try to cook dumplings at home with your child.

What we need:

1) Dumpling skin. You can either make this yourself using water and plain flour, or buy existing ones from an Asian shop.
2) Dumpling fillings:
   A) One third of beef mince 300g, one third of lamb mince 300g, one third of spring onion (only use the white section).
   or
   B) One quarter of lean pork mince 300g, one quarter of fish mince 300g, half of chives 600g.
3) Five tea spoons of Soy source.
4) One cube of beef or chicken stock.
5) Two tea spoons of olive oil.

How we make it:

1) Mix dumpling fillings, add soy source and stock accordingly to adjust the flavor.
2) Fill in each dumpling skin with a small amount of fillings, fold the dumpling skins to a half circle and seal edge properly, you can make any kind of shape as long as the fillings stay inside and the skin is sealed tightly without air inside.
3) Cooking the dumplings in the boiled water, add a cup of cold water into the pot when boiled for the first time, you can dish after the water is boiled for the second time.
4) Use chopstick to pick up the dumplings, you can dip the dumplings into vinegar/soy sauce or eat without any source.

If this is too complicated for you, simply take your child to a Chinese restaurant and order a dumpling dish or any other Chinese meal, ask your child to order for you and have fun.

Enjoy your Chinese culture experience.