

COOKING INSTRUCTIONS

FOR PERFECT DUMPLINGS EVERY TIME



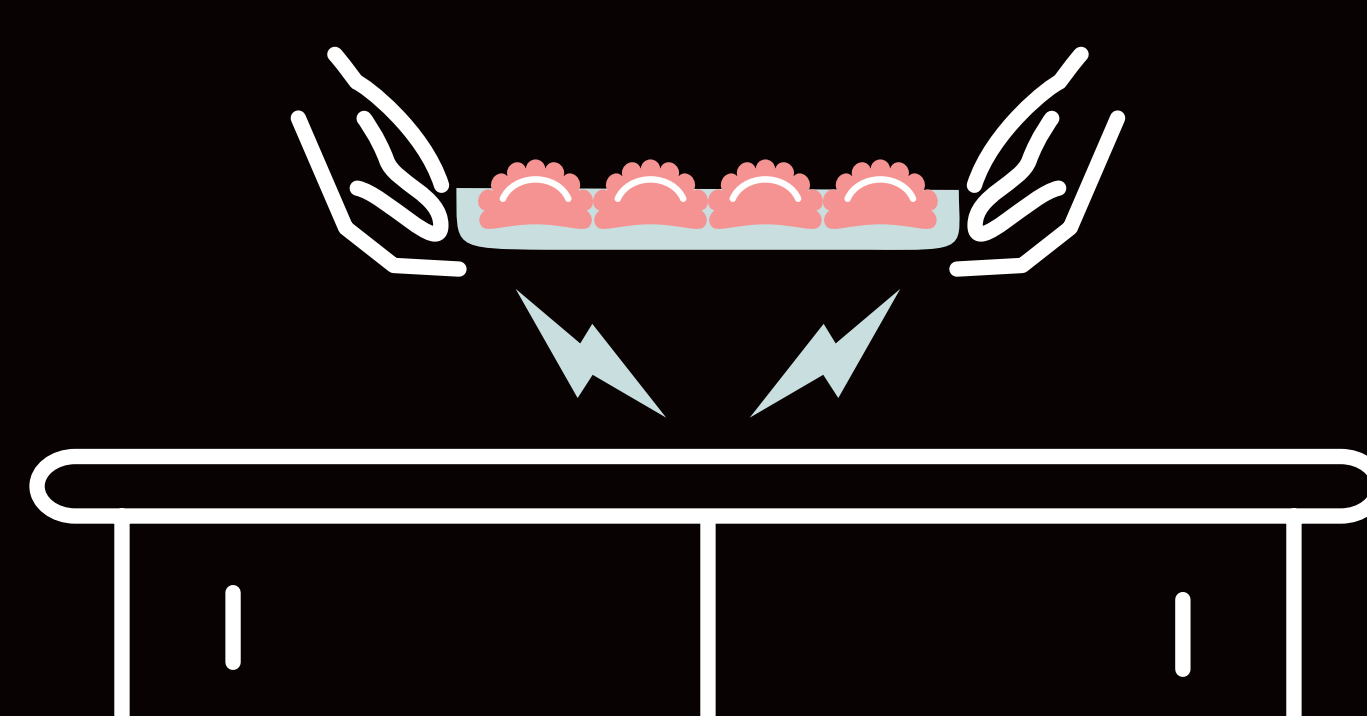
Here at Baolicious we're fussy about our dumplings! We like them hot, we like them flavourful, we like them fresh and we like them fast! Follow our fail safe methods for cooking frozen dumplings from scratch, whichever way you like them.

TOP TIP



Separate frozen dumplings before cooking to ensure pastry doesn't tear & to allow for even cooking

STEP 1



Tap the tray of frozen dumplings on your work top to split them apart

STEP 2



If some dumplings are still stuck, smack the bases together to separate

BOILED

STEP 1



Bring a large pot of water to the boil

STEP 2



Add a teaspoon of vegetable oil to stop dumplings sticking together

STEP 3



Carefully drop frozen dumplings into the boiling water

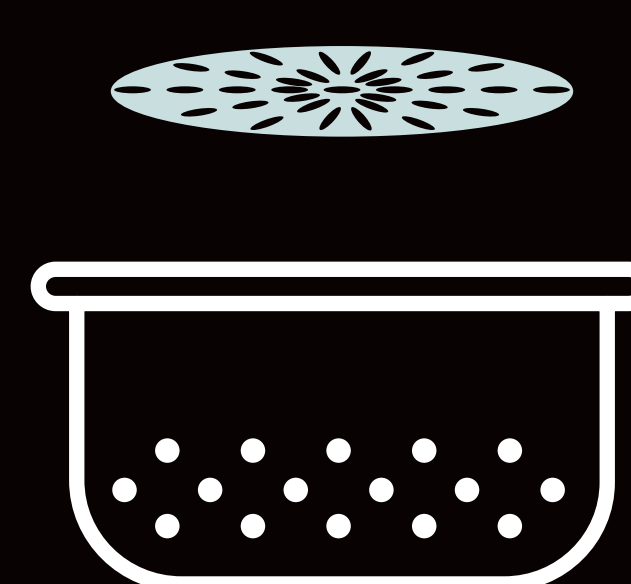
STEP 4



Cook for 8-10 minutes until the dumplings are tender & rise to the surface. Enjoy while hot!

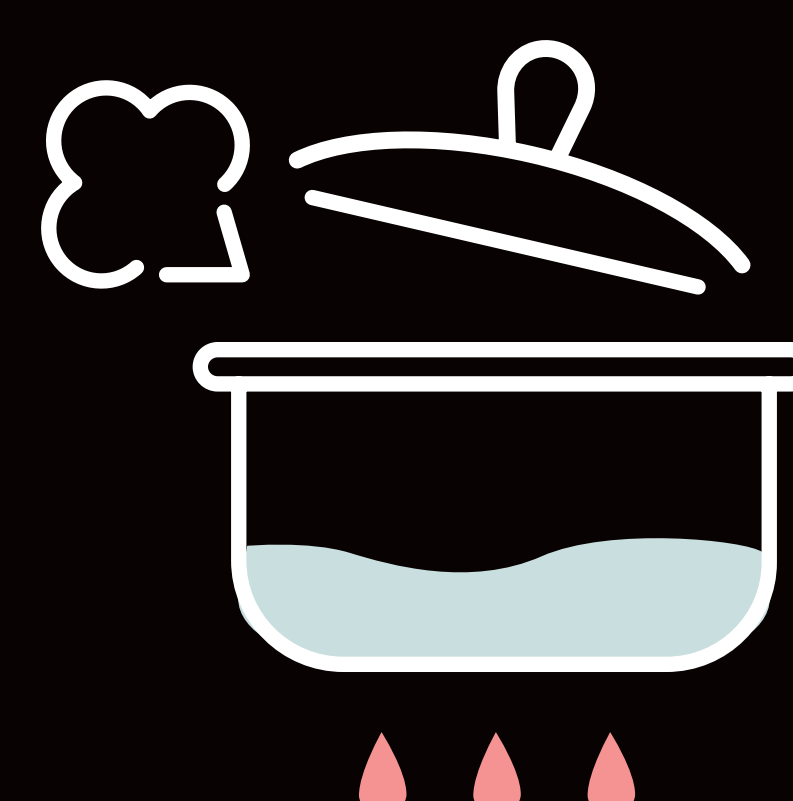
STEAMED

STEP 1



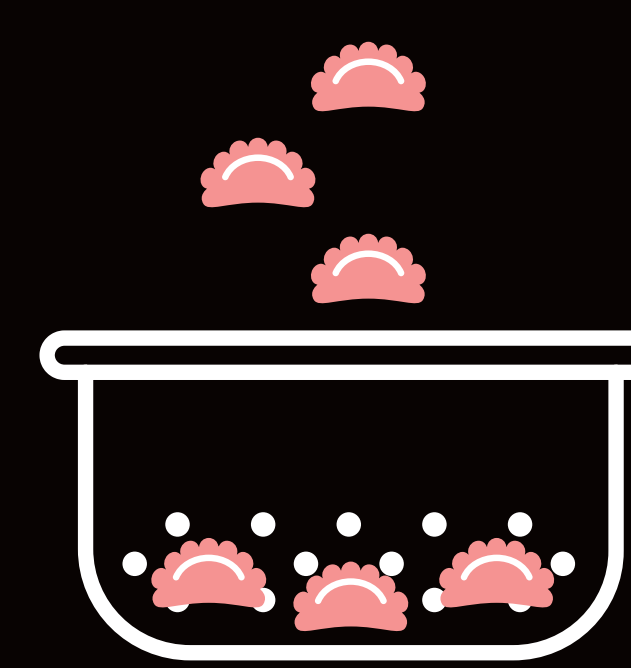
Line the base of a bamboo or metal steamer with perforated baking paper

STEP 2



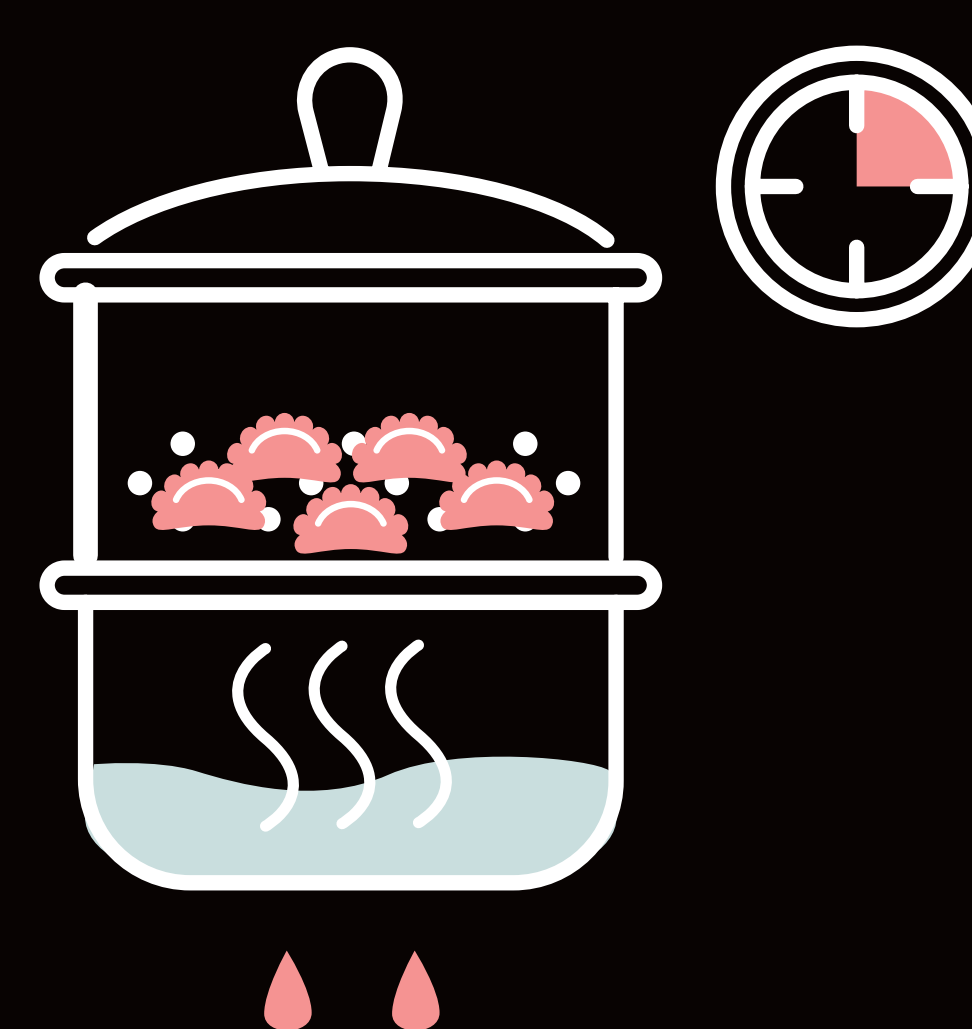
Bring a half full pot of water to the boil

STEP 3



Place frozen dumplings into the steamer so that they don't touch

STEP 4



Place steamer over the pot of water & steam for 10-15 minutes until pastry is translucent & dumplings are cooked through. Enjoy while hot!

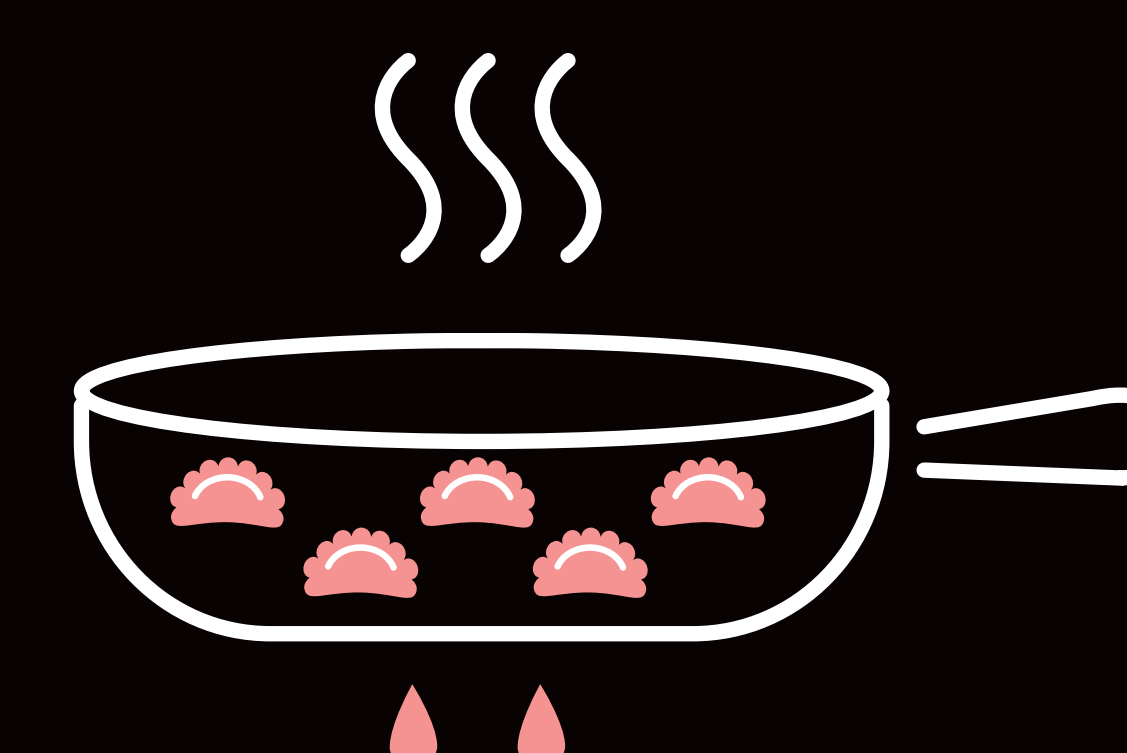
PAN-FRIED

STEP 1



Add 3-4 tablespoons of cooking oil to a non-stick frying pan

STEP 2



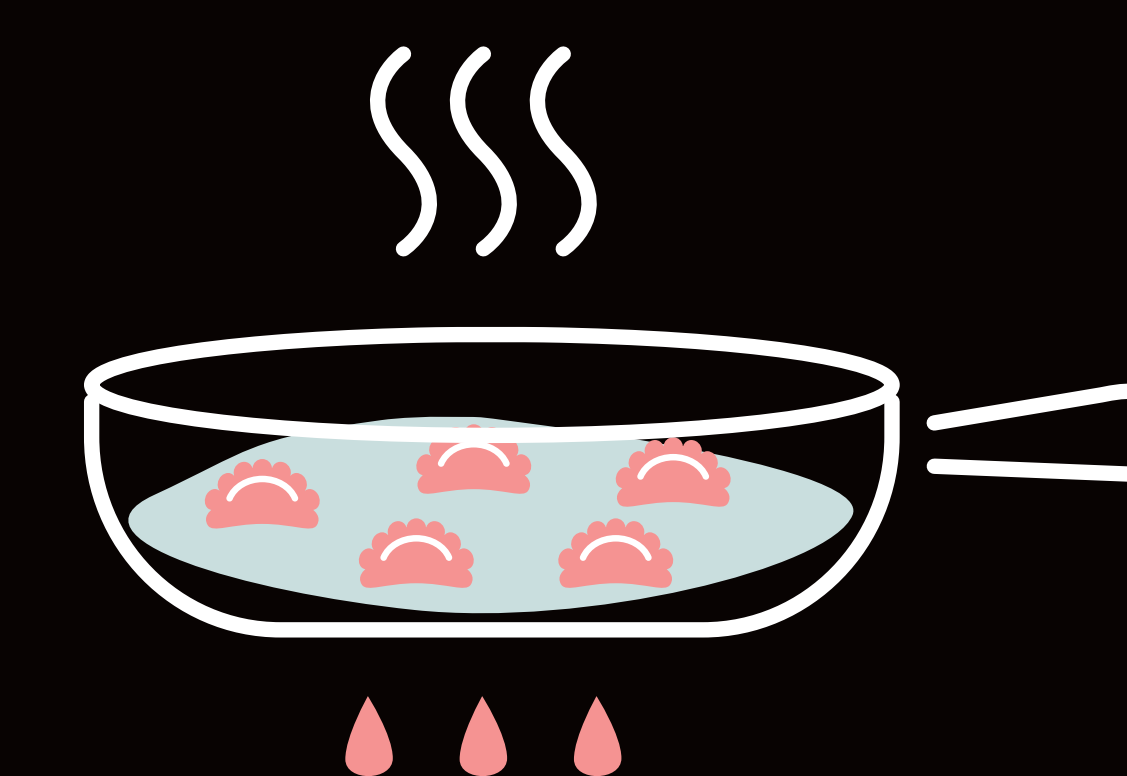
Place the frozen dumplings in the pan with the crown pointing up. Cook over a medium heat

STEP 3



When the bottom of the dumplings are lightly browned add water to half the height of the dumplings & cover for 3 minutes

STEP 4



Uncover & bring to the boil until the water evaporates. Continue to cook until the bases are golden & pastry is translucent. Enjoy while hot!