

Dumplings: A Universal Love



Dumpling: a small savory ball of dough (usually made with suet) which may be boiled, fried, or baked in a casserole.

Dumplings are made all around the world. They come in many shapes and sizes with endless fillings. See if you can match the picture/name of the dumpling with its geographic area of origin and fillings. Send answers back to heathextenedday@gmail.com by 6pm.

1. Ravioli



A. (China): Steamed pork buns that are a dim sum dish and go by the word manapua in Hawaii.

2. Momo



B. (Poland): Unleavened dough wrapped most commonly around ground meat or cheese (but occasionally fruit or vegetables) that is then boiled and pan fried in butter. Served with sour cream or butter/cream.

3. Gyoza



C. (Germany): Often served during lent, these pasta pockets are filled with sausage or other meats, breadcrumbs, onions and flavored with various spices.

4. Empanadas



D. (India, Nepal, Tibet): Steamed dough filled with meat, cheese or vegetables. Most often served with a tomato based sauce although other sauces can be added.

5. Bahn Bot Loc



E. (Brazil): These pockets of thick dough are filled with seasoned, shredded chicken and then shaped like chicken legs (their name literally means little thigh) and deep fried.

6. Cha Siu Boa



F. (Vietnam): Tapioca flour based dough makes these dumplings translucent and chewy. Often served wrapped in banana leaves and a fish dipping sauce.

7. Knish



G. (India): Deep fried pastry filled with mashed chickpeas, vegetables, potato, and spices.

8. Pasteles



H. (Turkey/Middleeast and Eastern Asia): These small dumplings are stuffed with ground lamb or beef and seasoned heavily with black pepper. They are often served with a yogurt or butter sauce with red pepper.

9. Pierogi



I. (Sweden): A potato based dumpling filled with allspice, meat-often bacon, and onion. It is often served with butter and lingonberry sauce.

10. Samosa



J.(Italy): Pasta stuffed with cheese, meat or vegetables

11. Maultaschen



K. (China): The most common of the Chinese Dumplings in other areas of the world, these thin dough wrappers are filled with seasoned meat and vegetables before being pan-fried (called pot stickers), boiled, or steamed. They can be folded into a number of shapes although half moons are the easiest.

12. Jiaozi



L. (Eastern Europe): A Jewish speciality that features potato, meat, cheese, or sauerkraut filling before being deep fried or boiled.

13. Coxinhas



M. (Georgia-the country not the state): Filled with meats, spices, and onions, these dumplings flour based dough are then twisted at the top and then boiled. They are often served with black pepper.

14. Khinkali



N. (Central and Southern America): The fried dough is made of flour or corn and stuffed with meat or vegetables. These are some of the biggest dumplings in the world.

15. Kropkaka



O. (Puerto Rico/Caribbean): Made with masa (dough) made of grated root vegetables, milk and oil and then filled with pork, chickpeas, etc before being wrapped in leaves and boiled.

16. Manti



P. (Japan): Similar to Chinese Potstickers, these thinly wrapped dumplings are filled with meat and vegetable and most commonly accompanied by a ginger soy sauce.

