

## Shopping List and Equipment

### Menu 207: Steamed Siomai (pork dumplings) and Stir Fried Spinach with Cherry Tomatoes

#### Ingredients

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| <ul style="list-style-type: none"><li>• 1 lb ground pork</li><li>• 1 can water chestnuts, chopped</li><li>• 1 medium onion, chopped</li><li>• 5 cloves garlic, mashed</li><li>• ½ cup grated carrots</li><li>• green onions, about 4 stalks, sliced finely</li><li>• 2 eggs</li><li>• ½ tsp each salt and pepper</li><li>• chili powder, optional</li><li>• toasted sesame oil</li><li>• 2 packs siomai wrappers (square, thin variety better), defrosted</li><li>• toasted sesame oil</li><li>• salad greens for lining the steamer, optional</li><li>• water about 2-3 cups and more</li></ul> | <ul style="list-style-type: none"><li>• ¼ cup soy sauce (Tamari or liquid aminos)</li><li>• Juice of ½ lemon or lime</li><li>• 2 lbs spinach leaves, washed and dried</li><li>• 1 cup Cherry Tomatoes</li><li>• 5 cloves garlic, mashed</li><li>• 3 Tbsp coconut oil, ghee or avocado oil</li><li>• salt or fish sauce and pepper to taste, optional as this dish is superb without any seasoning</li></ul> |
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#### Equipment

- Bamboo steamer or stainless steamer
- Saucepan or wok to put the bamboo steamer on
- Baking sheet for steamer to rest on, or towel to absorb moisture, while removing siomai
- Tongs
- Large bowl to mix ALL ingredients in
- Food processor or you will have to chop veggies by hand
- Saucer or small plate
- Timer
- Regular teaspoon
- Moist dish towel or paper towels to cover siomai waiting to be cooked (to prevent drying of the wrapper)
- Mortar and pestle for smashing garlic (or Chef's knife)
- Wok or large frying pan

- Serving platter