

蓮花廚房 The Lotus Kitchen
素香黃金餃 Vegetarian Golden Curry Dumpling

Materials 材料		
Pepperidge Farm Puff Pastry Sheet	1 box	一盒
Textured vegetable protein bits 素碎肉	1 cup (for fillings)	一杯
Cooking oil 沙拉油	2 table spoons	二湯匙
Water 水	1 ¼ cup	1 ¼ 杯
Curry powder 加哩粉	2 tea spoons	二茶匙
Salt 鹽	½ – ¾ tea spoons	½ – ¾ 茶匙
Vegetarian seasoning 素食調味粉	1 tea spoon	一茶匙
Brown sugar syrup 糖漿 or	¼ cup or	¼ 杯
Egg yolk 蛋黃	1	一個



Preparation: Mix the protein bits with 1 cup of water and soak it for 10 – 15 minutes.

To prepare the filling: Heat the cooking oil in fry pan; when hot, add in the soaked protein bits, and stir it well with curry powder, salt and vegetarian seasoning. Add in the remaining ¼ cup of water and stir well. Stew it in low heat for about 3 minutes. Turn off the burner and place the cover on the frying pan; let it sit on the burner for another 2 minutes.

To make the dumplings: Cut each pastry sheet into 9 square pieces evenly; these are the skins. Wrap the skins with the filling, and seal it properly. Preheat the oven to 400 F. Brush brown sugar syrup (or egg yolk) on the top skin of each dumpling. Bake the dumplings for 15 minutes. Serve hot.

將一杯素碎肉加一杯水浸泡約十五分鐘。

二湯匙沙拉油下鍋加熱，將泡好的素碎肉下鍋，加入鹽、加哩粉、及素食調味粉拌勻。再加入杯水，小火炒勻煮三分鐘。關火燜約二分鐘。

將pastry sheet 每張切九份，包入餡製成加哩餃。烤箱先加熱至華氏 400 度，將加哩餃上層塗一層糖漿或蛋黃，放入烤箱烤十五分鐘，即可上桌。