



新上海

NEW SHANGHAI

INSTRUCTION CARD



煎

Pan Fry

(Frozen Dumplings) 冰鮮餃子

1. Heat a non-stick fry- pan for a minute and add 3 tablespoons of cooking oil.
2. Place the dumplings onto the pan, adding $\frac{1}{2}$ cup of cold water.
3. Cover the lid and bring the water to boil. Cook on a low heat for 10 minutes, until the water has completely evaporated and the dumplings are golden and crispy on the bottom.

NOTE: Depends. on the size of the fry pan, we recommend that you cook a maximum 12 to 15 dumplings each time.

1. 將易潔平底鑊/不沾鍋預熱大約一分鐘，然後加入三湯匙食油
2. 將餃子平放在鑊/鍋中，然後加入半杯冷水，蓋上鑊/鍋蓋
3. 當鑊/鍋中水煮滾後，將火關小再繼續煮10分鐘直至水分收乾
當餃子底部呈現金黃色脆皮，便可拿出享用

參考：根據易潔鑊/不沾鍋容量，建議用中型鑊煎煮時，不應超過12至15隻餃子

(Fresh Dumplings) 新鮮餃子

1. Heat the non-stick pan for a minute and add 3 tablespoons of cooking oil.
2. Place the dumplings in the pan and add $\frac{1}{2}$ cup of cold water.
3. Cover the lid and bring the water to boil. Cook on low heat for 8 minutes and until the water has completely evaporated. The dumplings should be golden and crispy on the bottom.

NOTE: Depending on the size of the fry pan, we recommend to cook a maximum of 12 to 15 dumplings each time.

1. 將易潔平底鑊/不沾鍋預熱大約一分鐘，然後加入三湯匙食油
2. 將餃子平放在鑊中，然後加入半杯冷水，蓋上鑊/鍋蓋
3. 當鑊/鍋中水煮滾後，將火關小再繼續煮8分鐘直至水分收乾
當餃子底部呈現金黃色脆皮，便可拿出享用

參考：根據易潔鑊/不沾鍋容量，建議用中型鑊煎煮時，不應超過12至15隻餃子

參考：根據易潔鑊/不沾鍋容量，建議用中型鑊煎煮時，不應超過12至15隻餃子



蒸

Steam

(Frozen Dumplings) 冰鮮餃子

1. Add 5 to 6 cups of cold water to a heavy-based pot and bring to boil on high heat.
2. Prepare a bamboo steamer; it should be large enough to place on top of the pot.
3. Brush some cooking oil on the steamer surface to prevent sticking and place the dumplings on the steamer.
4. Keep on high heat, steam for 9 to 10 minutes. The dumplings will now be ready to serve!

NOTE: Depending on the size of the dumpling and the steamer, we recommend cooking a maximum of 10 to 15 pieces of dumplings for a large steamer and 6 to 8 pieces for a small steamer.

1. 先將五至六杯冷水注入厚底鍋中，用高熱將水煮滾
2. 準備一個蒸籠，注意蒸籠尺寸應能安全放置在鍋上
3. 在蒸籠上掃上小許食油，以防餃子餃子沾在蒸籠上
4. 用高溫蒸煮，將餃子蒸9至10分鐘後就可享用

參考：根據蒸籠容量，建議大蒸籠放置10至15隻餃子，小蒸籠放置6至8隻餃子

(Fresh Dumplings) 新鮮餃子

1. Add 5 to 6 cups of cold water to a heavy-based pot in the steamer on high heat to a boil
2. Prepare a bamboo steamer, it should be large enough to place on top of the pot.
3. Brush some cooking oil on the steamer surface to prevent sticking, lay the dumplings on the steamer.
4. Keep on high heat and steam for 6 to 7 minutes. The dumplings will now be ready to serve!

NOTE: Depending on the size of the dumpling and the steamer, we recommend cooking a maximum of 10 to 15 pieces of dumplings for a large steamer and 6 to 8 pieces for a small steamer.

1. 將易潔平底鑊/不沾鍋預熱大約一分鐘，然後加入三湯匙食油
2. 將餃子平放在鑊中，然後加入半杯冷水，蓋上鑊/鍋蓋
3. 當鑊/鍋中水煮滾後，將火關小再繼續煮8分鐘直至水分收乾
當餃子底部呈現金黃色脆皮，便可拿出享用

參考：根據易潔鑊/不沾鍋容量，建議用中型鑊煎煮時，不應超過12至15隻餃子

煮

Boil

(Frozen and Fresh Dumplings) 冰鮮、新鮮餃子

1. Add cold water to a heavy-based pot until half full, bring to a boil on high heat, and add dumplings.
2. On a high heat, gently stir the dumplings, so that they don't stick to the bottom.
3. Once the water is boiling again, add 1 ½ cup of cold water and bring to a boil.
4. Add another 1 ½ cup of cold water, bring to a boil. The dumplings will now be cooked.
5. Total cooking time approximately 12 minutes.
6. Strain and serve immediately.

NOTE: Depending on the size of the pot, we recommend cooking a maximum of 12 to 15 dumplings each time.

1. 先將冷水注入厚底鍋中至半滿，用高溫將水煮滾，再將餃子小心放入滾水中
2. 用高溫烹煮，小心攪拌以防餃子沾鍋底
3. 當水煮滾時，注入大約一杯半凍水再煮
4. 當水再次煮滾後，再一次注入另外一杯半凍水。當水再次滾時，鍋中餃子就煮熟了
5. 烹煮所需時間大約12分鐘
6. 將鍋中餃子用隔水器撈起，可以隨即食用

參考：根據鍋子容量，建議用中型鍋子烹煮時，不應超過15至20隻餃子



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