



Asian Dumplings: Mastering Gyoza, Spring Rolls, Samosas, and More

By Andrea Nguyen

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Is there anything more satisfying than a well-made Asian dumpling?

Plump pot stickers, spicy samosas, and tender *bao* (stuffed buns) are enjoyed by the million every day in dim sum restaurants, streetside stands, and private homes worldwide. Wrapped, rolled, or filled; steamed, fried, or baked—Asian dumplings are also surprisingly easy to prepare, as Andrea Nguyen demonstrates in *Asian Dumplings*.

Nguyen is a celebrated food writer and teacher with a unique ability to interpret authentic Asian cooking styles for a Western audience. Her crystal-clear recipes for more than 75 of Asia's most popular savory and sweet parcels, pockets, packages, and pastries range from Lumpia (the addictive fried spring rolls from the Philippines) to Shanghai Soup Dumplings (delicate thin-skinned dumplings filled with hot broth and succulent pork) to Gulab Jamun (India's rich, syrupy sweets).

Organized according to type (wheat pastas, skins, buns, and pastries; translucent wheat and tapioca preparations; rice dumplings; legumes and tubers; sweet dumplings), *Asian Dumplings* encompasses Eastern, Southeastern, and Southern Asia, with recipes from China, Japan, Korea, Nepal, Tibet, India, Thailand, Vietnam, Singapore, Malaysia, Indonesia, and the Philippines.

Throughout, Nguyen shares the best techniques for shaping, filling, cooking, and serving each kind of dumpling. And she makes it easy to incorporate dumplings into a contemporary lifestyle by giving a thorough introduction to essential equipment and ingredients and offering make-ahead and storage guidance, time-saving shortcuts that still yield delectable results, and tips on planning a dumpling dinner party.

More than 40 line drawings illustrate the finer points of shaping many kinds of dumplings, including gyoza/pot stickers, wontons, and samosas. Dozens of mouth-watering color photographs round out *Asian Dumplings*, making it the most definitive, inviting, inspiring book of its kind.

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Editorial Review

From Publishers Weekly

Nguyen, author of *Into the Vietnamese Kitchen*, celebrates a wide array of dough-wrapped treats from China, Vietnam, Japan, Philippines, India and Korea in this lavishly photographed homage to the not-so-humble dumpling. She divides her treasure trove of recipes by dough type, including filled pastas, thin skins, stuffed buns, rich pastries and more. Japanese pork and shrimp pot stickers, Filipino chicken and egg buns, and spicy potato samosas whet the appetite and show the diversity of the offerings she provides. Line drawings highlight shaping techniques to make half-moons, pea pods, crescents and footballs. Nguyen includes recipes for making dough and wrappers from scratch, including rice sheet batter, wheat starch dough and basic dough, among others. She also showcases dessert dumplings such as fried banana spring rolls, and milk dumplings in cardamom and saffron syrup. Sections on sauces, seasoning and stocks, key ingredients and essential equipment round out a superb collection. This alluring and attractive book will appeal to a wide audience of home cooks and trained chefs. 75 full-color photos. (Oct.)

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Review

IACP Cookbook Award finalist

One of NPR's Best Cookbooks of 2009

"If it's a small, succulent parcel encased in dough, pastry, batter, or leaves from anywhere between India and Polynesia, you'll find a recipe and crystal-clear instructions for making it with Andrea Nguyen's *Asian Dumplings*."

—Cooking Light, Favorite Cookbooks, 2010

"Nguyen, author of *Into the Vietnamese Kitchen*, celebrates a wide array of dough-wrapped treats from China, Vietnam, Japan, Philippines, India and Korea in this lavishly photographed homage to the not-so-humble dumpling. She divides her treasure trove of recipes by dough type, including filled pastas, thin skins, stuffed buns, rich pastries and more. Japanese pork and shrimp pot stickers, Filipino chicken and egg buns, and spicy potato samosas whet the appetite and show the diversity of the offerings she provides. Line drawings highlight shaping techniques to make half-moons, pea pods, crescents and footballs. Nguyen includes recipes for making dough and wrappers from scratch, including rice sheet batter, wheat starch dough and basic dough, among others. She also showcases dessert dumplings such as fried banana spring rolls, and milk dumplings in cardamom and saffron syrup. Sections on sauces, seasoning and stocks, key ingredients and essential equipment round out a superb collection. This alluring and attractive book will appeal to a wide audience of home cooks and trained chefs. 75 full-color photos." (Oct.)

—Publishers Weekly

"Until I began cooking from this remarkable book I had no idea that preparing Asian dumplings was so easy and so satisfying. Andrea Nguyen's latest work is authoritative, fun, and filled with recipes that yield insanely delicious results."

—James Oseland, editor in chief of *Saveur* and author of *Cradle of Flavor*

"I was truly excited when I first picked up this book, a feeling that quickly turned to awe. Andrea Nguyen introduces you to Asian dumplings you never knew existed, makes you feel that you can't live until you try them, then takes your hand and, in admirably lucid detail, shows you exactly how to make them. *Asian*

Dumplings is destined to become a classic—it's already an instant must-have for any Asian food lover.”

—John Thorne, author of *Outlaw Cook* and *Mouth Wide Open*

“Andrea Nguyen has done a remarkable job of guiding us through the world of Asian dumplings, sharing their history and evolution and providing plenty of user-friendly recipes. This beautiful cookbook will make you want to throw a dumpling-making party every time you turn the page.”

—Corinne Trang, author of *Essentials of Asian Cuisine* and *Noodles Every Day*

“Andrea’s humor, enthusiasm, and comforting pragmatism make me want to bolt into my kitchen to knead and roll and wrap and steam and bake and fry and, best of all, gobble. This book will make you very, very hungry.”

—Niloufer Ichaporia King, author of *My Bombay Kitchen*

“*Asian Dumplings* is full of inspiration for vegetarians and non-vegetarians alike. Samosas, lumpia, pot stickers, momo, gyōza, wontons, and bōo in one volume? And diagrams for all the folding techniques? Thank you, Andrea.”

—Heidi Swanson, author of *Super Natural Cooking*

From the Publisher

*** The first and only cookbook on making authentic versions of the most popular East Asian, Southeast Asian, and South Asian dumplings, including Chinese dim sum favorites.**

* Features more than 75 step-by-step line illustrations and full-color styled food shots.

* Andrea Nguyen's first book, *INTO THE VIETNAMESE KITCHEN*, demonstrated her unique ability to interpret Asian cooking styles for American cooks.

Users Review

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