



Chef Ng Lip Kah has more than 30 years of experience working in established restaurants in Singapore which include TungLok Restaurant, Red Star Restaurant (Chin Swee) and Habour City Restaurant (PSA Building), all of which are known for their dim sum specialities. In 2008, Chef Ng was conferred Individual Second Runner-up and the Group Champion Award by the World Federation of Chinese Catering Industry (formerly World Association of Chinese Cuisine), an international non-governmental and non-profit organisation that promotes Chinese cuisine worldwide.

Deeply passionate and sincere about his craft, Chef Ng currently conducts culinary classes where he imparts his sought-after skills in making dim sum.

Learn to prepare authentic dim sum snacks with ease from dim sum master Chef Ng Lip Kah. In *Dim Sum Basics: Irresistible Bite-sized Snacks Made Easy*, Chef Ng demonstrates how to make all-time favourites like *siew mai* (pork dumplings), paper-wrapped chicken, glutinous rice in lotus leaf and egg tarts; as well as creative additions such as salted egg yolk custard buns and snow skin dumplings. Written in an easy-to-follow manner and presented with step-by-step photographs, these recipes will help perfect your skills in making dim sum, be it moulding dumplings into various shapes or preparing crisp and flaky pastries. With Chef Ng's guidance, you can enjoy delicious, freshly made dim sum anytime in the comfort of your own home.

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Dim Sum BASICS



Dim Sum BASICS

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Irresistible Bite-sized Snacks Made Easy



Dim Sum BASICS

An insightful overview of various cooking techniques

Over 40 recipes of popular and authentic dim sum dishes

Easy-to-follow instructions and step-by-step photographs provide extra guidance for new or novice home cooks

Illustrated glossary enables easy identification of key ingredients

For Review Only

Dim Sum BASICS

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Irresistible bite-sized snacks made easy



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INTRODUCTION



Dim sum is a Cantonese phrase that refers to an assortment of food, each prepared in portions smaller than a main meal. In Mandarin, dim sum is called *dian xin*, which literally translates to “touch the heart”. The origin of this name has never been explicitly documented or explained.

There are various kinds of Chinese cuisine, and dim sum is one of them. While the food in different parts of China do include dim sum snacks, the concept of serving dim sum is the most developed in Cantonese cuisine. Traditional dim sum includes steamed buns, dumplings and rice rolls. Today, the variety has expanded to include roast pork, various types of porridge and soups, and most dim sum eateries will serve these items. Dim sum snacks are usually served in threes or fours, with the steamed snacks like *siew mai* and *har kow* in classic steamer baskets, and the sweet baked pastries on plates.

Enjoying dim sum is part of Chinese culture, and includes the standard practice of having steamed buns, shrimp dumplings, pork dumplings, rice rolls and so on. Most of the time, they are served hot, with only a handful of cold dishes. For example, the dessert, snow skin dumplings on page 87, are best served chilled.

Northern China is looked upon as the main producer of dough products, and they are credited with the creation of numerous pastries. While this has an important influence on dim sum, the southern Chinese has also contributed to the dim sum variety. Southern Chinese dim sum

can be broadly categorised into savoury and sweet snacks, most of which are covered in this book.

As with all kinds of Chinese cuisine, different cooking techniques are employed to prepared dim sum. Sometimes, two or more cooking techniques are used for one dish. Some of the key techniques used in this book are briefly explained in the following pages.

Dim sum snacks come in different shapes and sizes. Depending on the region from which it originated, the same food item may have a different shape. For example, soup dumplings (*xiao long bao*) from the southern regions of China are dented at the top, unlike the ones in the north, which peak nicely at the top where all the pleats meet. The dent is meant to help the southerners differentiate the soup dumplings from other similar-looking buns, which do not contain soup. Apart from practical reasons, the varied appearances of dim sum snacks are also to provide variety and to enhance the dining experience of those who enjoy eating dim sum.

This cookbook compiles the recipes of some of the most popular dim sum snacks. It is a mix of traditional classics and new creative additions that will satisfy on all occasions. With illustrated instructions written in an easy-to-follow format, you can now discover the joy of preparing and enjoying dim sum in the comfort of your home.

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Har Kow Xia Jiao

✿ Makes about 40 pieces

Seafood paste (see page 12) 320 g (11¹/₃ oz)

HAR KOW SKIN

Wheat starch 200 g (7 oz)

Boiling water 300 ml (10 fl oz / 1¹/₄ cups)

Potato starch 80 g (2⁴/₅ oz)

Shortening or vegetable oil about 1/4 tsp

- 1 Prepare har kow skin. Pour wheat starch into a mixing bowl. Add boiling water and stir with a spatula to mix.
- 2 Add potato starch and apply shortening or vegetable oil over the surface. Mix well until a smooth dough forms. Cover with cling film until ready to use to prevent the dough from drying out.
- 3 Roll dough into a long cylinder about 1.5–2 cm (³/₄–⁴/₅ in) in diameter. Cut out smaller pieces, each of about 1.5–2 cm (³/₄–⁴/₅ in) long.
- 4 Using the back of a knife, flatten each dough piece into a thin round sheet.
- 5 Scoop 1 tsp seafood paste onto the centre of a dough round. Plect the edges to seal the dumpling. Repeat until all ingredients are used up.
- 6 Steam for 4 minutes over high heat.
- 7 Serve immediately.



It takes some practice to get the correct texture and thickness for the skin, which should be thin enough such that it is not too chewy or doughy, but thick enough so that it doesn't break easily when held by chopsticks. ✿ ✿

These are open-face sandwiches that have been deep-fried to golden brown perfection. They are addictive snacks that also make very good appetisers.



For Review Only

Mini Salmon Toast San Wen Yu Tu Si

✿ Makes about 40 pieces

Square bread slices 10

Black sesame seeds 20 g ($\frac{2}{3}$ oz)

White sesame seeds 150 g ($5\frac{1}{3}$ oz)

Cooking oil for deep-frying

FILLING

Salmon 100 g ($3\frac{1}{2}$ oz), minced

Squid paste 200 g (7 oz)

Diced onion 15 g ($\frac{1}{2}$ oz)

Diced celery 15 g ($\frac{1}{2}$ oz)

SEASONING

Potato starch 4 g ($\frac{1}{7}$ oz)

Salt 1 g ($\frac{1}{30}$ oz)

Chicken powder 1 g ($\frac{1}{30}$ oz)

Sugar 4 g ($\frac{1}{7}$ oz)

Ground white pepper a dash

Sesame oil a dash

- 1 Prepare filling. Mix salmon and squid paste together. Add seasoning ingredients and mix evenly.
- 2 Mix in diced onion and celery. Set aside.
- 3 Using a round cutter, cut out rounds from bread slices.
- 4 Spoon filling onto each bread round.
- 5 Mix black and white sesame seeds together. Lightly dampen filling and coat with sesame seeds.
- 6 Heat oil in a wok. Deep-fry salmon toast until golden brown.
- 7 Serve immediately.



Sweet Potato Dumplings Hong Shu Gao

✿ Makes about 30 pieces

Purple sweet potato 110 g (4 oz), peeled and sliced

Wheat starch 100 g (3½ oz)

Boiling water 100 ml (3⅓ fl oz)

Sugar 20 g (⅔ oz)

Butter 50 g (1⅔ oz)

Green tea paste 200 g (7 oz)

- 1 Steam sweet potato slices until soft. Mash and set aside.
- 2 Pour wheat starch into a mixing bowl and make a well in the centre. Pour boiling water into the well and stir to mix. Add mashed sweet potato and knead to mix evenly.
- 3 Add sugar and butter. Knead until well incorporated. Cover with cling film and leave to chill in the refrigerator for 20–30 minutes.
- 4 Divide chilled dough into small dough rounds. Flatten each round and place green tea paste in the centre. Wrap dough around the green tea filling and mould it into the shape of an eggplant.
- 5 Roll small strips of green tea paste. Gently adhere two strips in a cross over the top of each eggplant to complete the shape.
- 6 Steam for 3 minutes over high heat and serve immediately.



Shape these dumplings as desired to create fancy snacks that will appeal to the young and old. Feel free to replace the green tea paste with other types of filling.

