

# Green Tea Spring Dumplings with Vegetable Salad & Kefir Green Tea Sauce



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Dominika Dytko 2nd runner up from The Immunity inspired by tea challenge

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## Used Teas



Exceptional Ceylon Green Tea

## Ingredients

## Green Tea Spring Dumplings with Vegetable Salad & Kefir Green Tea Sauce

### The Dough

- 300g Wheat Flour
- 250g Dilmah's Exceptional Green Tea, brewed hot
- ¼ tsp Salt

### The Filling

- 250g Fresh Spinach
- 150g Fresh Chard
- 100g Boiled Potatoes
- 1/2 Onion
- 1 tsp Butter
- Fresh Nutmeg
- Salt and Pepper to taste

### Salad

- 150g Boiled Potatoes, diced
- 100g Cucumber, diced
- 100g Fermented Cucumber, diced
- 80g Radishes, diced
- Dill
- Green Onions
- 3 tbsp Yoghurt
- Salt and Pepper to taste

### Green Tea Sauce

- 100g Kefir
- 50g Dilmah's Exceptional Green Tea, brewed and chilled
- 1 bag Dilmah's Exceptional Green Tea
- 1 slice Rye Bread
- Dill
- Salt and Pepper to taste

### Buckwheat Popcorn

- 50g Buckwheat
- Rapeseed Oil
- Salt to taste

## Methods and Directions

### Green Tea Spring Dumplings with Vegetable Salad & Kefir Green Tea Sauce

- Prepare the dough by whisking together flour, salt and hot tea. Combine and knead for 15 minutes until you get smooth dough. Rest for 30 minutes.
- For the filling, fry the onions in butter and set aside. Fry spinach and chopped chard separately, and add potatoes, onion and spices. Season with salt and take off heat. Leave to cool down.
- Now, make the dumplings the best you can. The folds need not be perfect. So don't give up if they don't look perfect the first few times. Boil the dumplings in hot water (add them when the water is boiling) for 5 minutes (pay attention, you don't want them to fall apart).
- Prepare the salad by adding everything into a large bowl and mixing them together. It should be really fresh in terms of flavor; don't overpower it with too much seasoning.
- Next, make the green tea sauce in a blender by mixing together kefir, tea, bread and tea leaves. Add salt and pepper to season.
- Finally the buckwheat popcorn: heat the oil in a big dish for up to 180 degrees Celsius. Add buckwheat and salt, wait for them to pop and spread it out on a paper towel to remove excess of oil.