

# KOREAN BLACK RICE DUMPLINGS



## INGREDIENTS

- 2 lbs **[Nerone Italian Black Rice](https://inharvestfoodservice.com/products/nerone-italian-black-rice/)**
- < **<https://inharvestfoodservice.com/products/nerone-italian-black-rice/>** >
- 4 fresh ginger root - 3" pieces
- 2 quarts water
- 4 star anise pods
- 8 cups shiitake mushrooms, stemmed, 1/4" dice
- 1/2 cup soy sauce, divided
- 1/4 cup garlic, minced
- 4 cups kimchee, cut into 1/4" dice
- 2 cups firm tofu, drained, 1/4" dice
- 2 cups cilantro, chopped
- 2 cups scallions, thinly sliced
- 120 wonton wrappers

## DIRECTIONS

1. Cut the ginger in half. Slice one of the halves into coins. Peel and grate the remaining half and set aside.
2. In a pot, combine the water, star anise, ginger coin, mushrooms and half the soy sauce and bring to a boil.
3. Add InHarvest Nerone Italian Black Rice and reduce to a simmer. Cover and cook for

40 minutes or until rice is tender. Cool rice on a sheet pan.

4. Remove the star anise pod and ginger coins.
5. Combine rice with all remaining filling ingredients. Mix well.
6. Form dumplings into desired shape to be pan fried or steamed. Serve with a soy-based dipping sauce.

## NUTRITION FACTS

Per serving: 361 cal., 12 g pro., 68 g carb., 5 g fiber, 2 g fat (0 g sat. fat), 0 mg chol., 455 mg sod., 2 g sugar