

VIETNAMESE SHRIMP DUMPLINGS

Vietnamese shrimp dumplings (or Bánh bột lọc) is a well-loved dish in the northern and central parts of Việt Nam. These translucent dumplings, traditionally steamed in banana leaves, are believed to have originated from Huế, the former imperial capital.



Vietnamese shrimp dumplings wrapped in banana leaves

Vietnamese shrimp dumplings

Recently, the dish received international acclaim when CNN included it in their list of the world 30 most delicious steamed cakes, alongside popular global dishes like Shanghai's baozi (steamed buns) and Italy's ravioli.

To prepare the dumplings, cassava flour is mixed with water and filled with shrimp and pork belly or minced pork. Each dumpling is wrapped in banana leaves and then steamed. The portions are kept small (no larger than two fingers) to appeal to diners and offer a satisfying snack without being too filling. The dish is very nutritious thanks to its high levels of protein, calcium, and other nutrients. One can eat quite a lot without gaining weight.

BÁNH BỘT LỌC

INGREDIENTS

SHRIMP	200 GR
PORK	200 GR
TAPIOCA STARCH	800 GR
GREEN ONION	2 STALKS
CHILI POWDER	1 TBSP
COOKING OIL	10 TBSP
FISH SAUCE	2 TBSP

Instructions

- 1 Peel, devein, wash, and dice the shrimp. Chop green onions, place in a bowl, and pour 2 tablespoons of hot oil over them for scallion oil. Slice shallots and fry in 4 tablespoons of oil until golden for crispy shallots.
- 2 In a bowl, mix 500g tapioca starch with 200ml hot water. Knead into a smooth, elastic dough.
- 3 Sauté 1 tablespoon of garlic in oil, add pork and shrimp, and stir-fry for 1 minute. Season with sugar, fish sauce, and MSG, cooking until done. Let cool.
- 4 Form dough into balls, flatten, add filling, and seal tightly. Boil in water until cakes float and turn translucent. Drain.
- 5 Mix 1 cup water, 1 tablespoon fish sauce, and 3 teaspoons sugar; boil, cool, and add chili.
- 6 Serve with scallion oil, fish sauce, and fried shallots. Enjoy!

Bánh bột lọc recipe

Vietnamese shrimp dumplings recipe

The best way to eat banh bot loc is to slowly peel off the banana leaf wrapper, dip the cake in a bowl of sweet and sour fish sauce, add a little fresh chili, you will slowly feel the quintessence of this rustic dish of the dreamy Hue. Note, eat the cake as it is steamed, it should only be eaten on the same day, do not leave it overnight or it will lose its delicious taste.

Đặng Khoa