

Crystal Dumplings with Celery & Egg Recipe

These crystal-clear dumplings are as beautiful as they are delicious. With a delicate, chewy wheat starch wrapper and a savoury filling of celery, sweet carrot, and fluffy scrambled eggs, this recipe brings restaurant-style dim sum to your home kitchen. The filling is lightly seasoned with ginger, white pepper, and mushroom seasoning – aromatic, satisfying, and completely ovo-vegetarian. While the dough requires a little care (hot water is key!), the result is absolutely worth it. Perfect for meal prep, freezing, or impressing guests with something special.



Sample Recipe

		Recipe serves	Prepared for	
		8	8	
Ingredient	Amount	Scaled amount		
Dough :				
Wheat Starch (Crystal Dumpling Flour)	454	g	454	g
Boiling Water (must be vigorously boiling)	500	ml	500	ml
Salt (Tbsp)	1	----	1	----
Cooking Oil (for hands)	1	----	1	----
Fillings :				
Celery	700	g	700	g
Carrots (peel, then dice)	300	g	300	g
Eggs	8	----	8	----
Ginger (slices)	5	----	5	----
Salt (1 Tbsp for filling + 1 tsp for blanching)	1	----	1	----
White Pepper Powder (tsp)	1	----	1	----
Mushroom Seasoning (tsp)	1	----	1	----
Sesame Oil (small amount)	1	----	1	----
All purpose Flour (Tbsp)	3	----	3	----
Cooking Oil (for stir frying) (As needed)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
Dough :		
Wheat Starch (Crystal Dumpling Flour)	<input type="checkbox"/>	
Boiling Water (must be vigorously boiling)	<input type="checkbox"/>	
Salt (Tbsp)	<input type="checkbox"/>	
Cooking Oil (for hands)	<input type="checkbox"/>	
Fillings :		
Mustard Greens	<input type="checkbox"/>	
Carrots (peel, then dice)	<input type="checkbox"/>	
Eggs	<input type="checkbox"/>	
Ginger (slices)	<input type="checkbox"/>	
Salt (1 Tbsp for filling + 1 tsp for blanching)	<input type="checkbox"/>	
White Pepper Powder (tsp)	<input type="checkbox"/>	
Mushroom Seasoning (tsp)	<input type="checkbox"/>	
Sesame Oil (small amount)	<input type="checkbox"/>	
All purpose Flour (Tbsp)	<input type="checkbox"/>	
Cooking Oil (for stir frying) (As needed)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

Part 1 : Prep

1. Celery - Wash, cut each into 2 sections. Set aside.
2. Carrot - Peel, then dice.
3. Eggs - Crack into a bowl, add 1 tsp of salt and a little sesame oil. Beat well.
4. Ginger - Dice finely.

Part 2 : Make the Filling

1. Blanch the celery. Fill a pot halfway with water. Add 1 tsp of salt and a little oil. Bring to a boil. Add celery, blanch until soft. Remove and soak in cold for 5 mins, then squeeze out all excess water, then dice. (Squeeze very dry, otherwise the filling will make the wrappers soggy and tear.)
2. Scramble the eggs. Heat a wok on high, add 3 Tbsp of oil. Scramble the 8 eggs in 2 batches. Set aside.
3. Cook the carrot and ginger. In the same wok add 1 Tbsp of oil. Fry ginger until golden. Add diced carrot, stir fry quickly for 1 min, then remove from wok and set aside.
4. Combine the filling. In a large bowl, combine diced mustard greens, carrot, scrambled eggs. Add 1 Tbsp of salt, 1 tsp of white pepper, 1 tsp of mushroom seasoning, 3 Tbsp of all-purpose flour. Mix everything evenly. (The filling should be dry, not wet or sticky.)

Part 3 : Make the Crystal Dough (Critical Step)

1. In a large bowl, mix wheat starch and 1 Tbsp of salt.
2. Slowly pour in the boiling water while stirring vigorously. Stir until all water is absorbed.
3. Immediately cover with wrap or a damp cloth and let rest for 2 minutes.
4. When cool enough to handle, wear gloves, grease the gloves with oil, and knead into a smooth dough.
5. Roll the dough into a long log, then cut into equal pieces (~ 15-20g each).
6. While still warm, roll each piece into a round wrapper (if cracks appear, the dough is too dry - dab with a little water or oil)

Part 4 : Fill and Steam

1. Place about 1 tsp of filling on each wrapper, fold in half, and pinch the edges tightly.
2. Line a steamer with a cloth, or grease with oil.
3. Once the water is boiling, steam over medium heat for 8-10 mins. The wrappers will turn translucent.
4. After turning off heat, slightly open the lid for 1 min, before removing the dumplings (this prevents them from shrinking and hardening)