

Exploring History of Dumplings and its Varieties Available Worldwide Now a Days

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Abstract: Famous all throughout the world for their delicious flavor and vast range of varieties, dumplings have a long and illustrious history. These delicious morsels have been relished for ages, even though the term "dumpling" first appeared in the 17th century. According to legend, dumplings were invented in the Eastern Han Dynasty by Zhang Zhongjing, the Sage of Traditional Chinese Medicine, as a treatment for frostbite. Dumplings are still a fundamental component of Chinese culture today, representing prosperity and good fortune. They allow for infinite culinary innovation because they are available in a wide variety of forms, fillings, and cooking techniques. Dumplings have taken the world by storm, with variations such as the Italian tortelloni, Georgian khinkali, and Vietnamese banh bot loc that each provide a distinctive culinary experience.

Keywords: Dumplings, Momos, Dim sum, Wontons

I. INTRODUCTION

Dumplings are loved by all! They have the ideal amount of bite in the mouth, are tasty, and are chewy. It's so easy to consume these little joy pockets pop them into your mouth and indulge. Have you ever wondered, "How did dumplings come about?"

Objectives:

- To investigate the historical origins and evolution of dumplings.
- To explore the various shapes, fillings, and cooking methods of dumplings from around the world.

II. REVIEW OF LITERATURE

According to the authors, it was discovered that covering cooked dumplings with chitosan had a satisfactory positive effect on reducing the rate at which freeze-dried dumplings cracked, the rate at which rehydrated dumplings cracked, and the rate at which freeze-dried dumplings lost rehydration. For the manufacturing of high-quality freeze-dried dumplings, a hybrid technique combining microwave cooking and chitosan coating was shown to be the most effective. (Wenchao Liu, 2021)

These findings demonstrated that the degree of softening exhibited negative associations, most notably with the texture quality of the dumpling wrapper, and that the rheological characteristics of the flour, aside from flexibility, were strongly connected with numerous aspects of the texture of the wrapper. Disulfide was crucial in the formation of the gluten web, and there were notable relationships between its content the flour's rheological characteristics and the dumpling wrapper's texture. (Xueqin Li, 2016)

Every Nepali has a momo tale, according to lifestyle news, which usually has to do with how many or where they've eaten them. In Nepal, as well as in the Indian capital, momos are a familiar sight, owing to the thousands of streetside vendors in north India. I asked the lad operating the steamer how many steamed chicken momos he sold in a day when I was enjoying a plate of them at Savitri Nagar in Delhi the other day. "Six hundred momos," he grinned and said. Not bad for a simple dish that has traveled a great distance to become a national favorite. (Mulmi, 2017)

Dumplings are the ultimate comfort food, regardless of how they are prepared. Fried, boiled, baked, or rolled in sugar, according to a booking.com article. And you'll find a distinct method of making them in hundreds of various places

worldwide. It writes about the greatest places to eat dumplings, including Poland, China, the USA, Uzbekistan, Nepal, India, Peru, and so on. (**Booking.com**)

What precisely comes to mind when you hear terms like momos, dumplings, dim sum, bao, and wontons, according to a blog post on get your menu? They may not all appear the same to most people, but that isn't the case. These are a few mouthwatering variations of bao buns, dim sum, dumplings, and momos to help you grasp the differences. Once you sample their delectable flavors and variety, you won't be able to resist them! (**menu**)

III. RESEARCH METHODOLOGY

Secondary data was collected from various sources available online and offline like books, journals, articles, magazines, blogs etc.

Exploring Dumplings

Dumplings originated with a man in the Eastern Han Dynasty (206 B.C. to 220 A.D.) named Zhang Zhongjing, often known as the Sage of Traditional Chinese Medicine. After spending a long winter break away from his native village, Zhang is said to have been inspired to create dumplings. Many of the people got frostbite, especially around their ears, as a result of their inability to withstand the severe cold. Motivated, Zhang prepared lamb, black peppers, and several therapeutic herbs, shredded them, and then encased them in leftover dough. He boiled the dumplings after folding them into the shape of little ears. (**100**)

Although it is unknown if the dumplings could actually treat frostbite, one thing is certain: the villagers were so taken with Zhang's creation that they started to mimic Zhang's recipe by adding extras like veggies and different types of meat. Eating dumplings to treat frostbite is not as common among the Chinese these days, but dumplings are still important to Chinese culture. This is because these juicy small pockets are believed to represent success and fortune. After all, they resemble the ingots of the old Chinese coinage from the Ming era (1368 to 1644 A.D.). For this reason, on New Year's Eve, many Chinese families eat dumplings at midnight. It is said that doing this enhances one's luck for the upcoming year.

Although dumplings have existed in various forms for many years in ancient times, they didn't receive their official name until the 17th century. The word "dumpling" was first used in an English document around 1600, and it was suggested that the phrase might have come from Germany. Since then, the concept has expanded to include filled dumplings, in which a savory or sweet filling is wrapped in dough. There are many different ways to cook dumplings, such as boiling, simmering, steaming, and sometimes baking or frying; however, some definitions do not include baking or frying in order to include things like fritters and other pastries that are not typically thought of as dumplings by most people. (One)

Verities of Dumplings from around the World

Because they can be made in a variety of ways, dumplings can be distinguished by their shape, filling, and cooking process. You can either go wild with your creativity or stick to the classic dumpling recipe. Vegetables, watercress, mushrooms, garlic, onions, and other tasty components can be found in vegetarian variants. Any kind of meat, including ground lamb and minced pork, as well as combos like pork and shrimp, can be consumed by non-vegetarians. There are other seafood options, primarily with shrimp. There are also variations that are sweet. For a twist, you can also wrap it with banana leaves or other similar materials. Make soup dumplings instead! The possibilities are only constrained by your creativity.

Vietnam's Banh Bot Loc

Made with tapioca flour, these nearly transparent Vietnamese pork and shrimp dumplings are packed with pork belly and shrimp. It contributes to the chewy texture and distinct clear look of the banh bot loc. They come with a dipping sauce made of fish and can be cooked, steamed, or wrapped in banana leaves. For an additional taste boost, fried shallots are frequently placed on top of these dumplings. These are among the world's most delicious varieties of dumplings.

The Mongolian Buuz

Buuz, a Mongolian steamed dumpling, is typically stuffed with ground beef or mutton and spiced with onion, garlic, and salt. Herbs or other seasonings are added occasionally, and some varieties may also include mashed potatoes and cabbage. While buuz dumplings are steamed, khuushuur is the name for the pan-fried variation of the same.

China's Cha Siu Bao

Steamed pork buns, or Cha Siu Bao, are a kind of dim sum. The filling is barbecued pork, and the puffy, chewy bread is called bao. It is also possible to bake pork buns, in which case they are called cha shao can bao.

Siu Mai - China

These dumplings are typically stuffed with shredded carrots, scallions, and shrimp, poultry, or pork. They frequently have roe on top. Season and region might have an influence on the fillings.

Wontons - China

Jiaozi and wontons are comparable, except wontons are flatter and have thinner skin. In addition, they are typically served in chicken broth as opposed to dipping sauce. These dumplings are made differently in each region and are typically filled with minced cabbage, ground pork, and garlic. You can boil wontons or deep-fry them.

China's Xiao LongBao.

Although the contents of these appear ordinary—ground pork, mushrooms, ginger, and garlic they also contain a little piece of aspic, which melts when heated and produces a flavorful soup. Rather than being folded in half, xiao long bao is pinched at the top.

China's Zongzi

Zongzi are made from sticky rice. Glutinous rice is typically packed with cured ham, Chinese dates, or red bean paste and shaped like a triangle or cone. Before they are boiled or steam-cooked, the dumplings are wrapped in bamboo leaves.

Har Gow – China

Ha gow is a classic Cantonese dumpling that is also offered as dim sum. These translucent wrappers, which are sometimes referred to as "shrimp bonnets," are packed with grated ginger, scallions, bamboo shoots, and shrimp chunks. After that, the wheat flour and tapioca wrappers are pleated and steam-cooked. It is frequently served with siu mai.

Jiaozi (Shui Jiao/Zhēngjiao/Guotie)– China

Jiaozi, the most popular Chinese dumpling, is a thinly rolled dough ball filled with ground pork or other alternative meats and/or veggies. They can be pan-fried (guo tie, often called "pot stickers"), boiled (shui jiao), or steamed (zhēngjiao).

Central Asia's Chuchvara

Known by several other names, including joshpara, dushbara, and shishbarak, this is a small cooked dumpling that is popular throughout the Middle East and Central Asia. The unleavened dough is boiled in a meat broth with ground meat (often lamb) and spices within, and it's served with sour cream or yogurt.

Brazil's Coxinhas

These are a Brazilian delicacy consisting of thick bread filled with shredded chicken. Then, it is shaped like a chicken leg (coxinha literally translates to "little thigh") and deep-fried to prepare it.

South American empanadas

All throughout South America, one can find these delicious fried dough pouches. There are countless variations and fillings available, including as chicken, corn, and tuna fish. This filling is then covered with a flour or cornmeal baking pan and baked or fried.

Japan's Gyoza

These Japanese dumplings are stuffed with minced pork, cabbage, scallions, garlic, and ginger and have thinner wrappers. After that, they are presented with dipping sauce made of rice vinegar, soy sauce, and chilly oil.

Georgian Khinkali

Traditionally, ground and spiced meat, herbs, onions, and garlic are put into these typical Georgian dumplings. While the filling is still raw, a flour-based dough is wrapped around it, twisting it at the top, and then boiling it to seal in the meat's juices. These are typically served with coarse black pepper.

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Knish: Eastern Europe

A knish is a food that is common in Eastern Europe among Jews. It is stuffed with cheese, mashed potatoes, sauerkraut, or onions, and then baked or deep-fried after being coated in thick dough.

Kreplach: Eastern Europe

The dough for these dumplings is comprised primarily of flour and egg. Then, different meats or potatoes are put inside of this. The kreplach is a type of soup dumpling that is folded into a triangle or a crescent shape and served in chicken soup.

Sweden's Kroppkaka

Traditional Swedish potato dumplings are called kroppkaka. It is filled with a bacon and onion mixture seasoned with allspice and served with butter and lingonberry sauce. Palt is the term for potato blended with barley flour. The most well-known varieties of this are the minced meat-filled Pitepalt from Piteå and the blodpalt, which is made with dough infused with the blood of pigs, cows, or reindeer.

Mandu – Korea

Mandu, a type of Korean dumpling, is made of a combination of dry and wet components. Typically, it contains noodles, veggies, kimchi, and ground pork. A soy-vinegar dipping sauce is provided alongside it. Mandu can be steamed, pan-fried, boiled, or even used for making mandu-guk, a type of dumpling soup.

Turkey's Manti

They are filled with black pepper-spiced ground lamb or beef and served with butter or yogurt sauce spiked with red pepper (or Middle Eastern sumac).

Germany's Maultaschen

A traditional German dish called moustaschen is made out of an exterior layer of pasta dough topped with a filling made of sausage meat, onions, spinach, and bread crumbs that is spiced and flavored with different herbs.

India's Modak

Made of rice flour and khoya, dumpling is most popular in the state of Maharashtra. It can be fried or steamed and is filled with sugar, jaggery, and coconut.

India's Pitha

These semi-circular balls, filled with jaggery and poppy seeds or Bengal gram paste, are made from kneaded rice flour and can be sweet or savory. After that, they steam in either milk or water.

Momos: India, Nepal, and Tibet

Momos are a kind of dumpling that are mostly found in Tibetan, Nepali, and northern Indian cuisine. These dumplings can be steamed or pan-fried, and they are typically served with soy sauce, chile oil, and a spicy dipping sauce made of tomatoes. The dumplings can be stuffed with ground meat, veggies, or cheese.

Puerto Rico's Pasteles

It's a kind of dumpling cooked of a dough (called masa) made of milk, annatto oil, grated root vegetables, squash, and unripe bananas. This is then stuffed with a variety of ingredients, such as olives, stewed pork, and chickpeas, covered in leaves, and boiled.

Pastizzi - Malta

Pastizzi are Malta's version of phyllo-like dough pockets made like diamonds. They can have many different fillings, but the most common ones are mashed peas (pastizzital-pizelli) or ricotta (pastizzital-irkotta). The pastizzi are baked on trays made of metal.

Russia's Pelmeni

The unleavened dough is boiled in salted water after being wrapped around a filling of cheese, pork, or mushrooms (but never anything sweet).

Poland's Pierogi

The classic Polish dumplings are made by wrapping a savory or sweet filling (often potato, cheese, sauerkraut, or fruit) in unleavened dough. After that, it is boiled in boiling water for a while before being pan-fried with onions and butter. Sweet pierogi are sugared and served with melted butter or cream, whereas savory pierogi are served with sour cream.

Portugal's Rissóis

Portuguese cuisine is the source of rissóis, also known as rissoles. They are a type of breaded half-moon pastry that is deep-fried after being stuffed with fish or shrimp in a Béchamel sauce. Other versions make use of chicken, ham, or minced meat.

SvestkoveKnedlíky – Czech Republic

These dumplings are packed with fruit and are called Svestkoveknedlíky. Before boiling, the dough is wrapped around a whole fruit, usually a plum, coated with sugar, and served with quark, or "curd cheese."

Mexico's amales

They are prepared using a starchy dough made of corn, which is then filled with cheeses, meats, fruits, and vegetables and steam-cooked inside a banana leaf or corn husk.

Italy's Tortellini

These pockets of pasta dough, which originate from the Emilia-Romagna area of northern Italy, can be filled with a variety of ingredients, including cheese, spinach, mushrooms, fish, or meat.

Uszka -Poland

These meat- or mushroom-filled, folded rings-shaped dumplings are typically served with transparent soup, such as borscht. Since the Polish word uszka means "little ears," it is said that these dumplings have the shape of ears.

Ukraine's Areniky

These dumplings can be filled with cheese, dill, pepper, chopped onions, meat or fish. Areniky are typically served with sour cream in Ukraine, but they can also be eaten as a dessert and filled with fruit (blueberries, sour cherries, etc.), sweet cottage cheese, cloves, lemon juice, and sugar. (Travel.earth)

IV. CONCLUSION

Dumplings have come a long way from their humble origins as a treasured and diverse worldwide delicacy in ancient China, when they were formed out of need. These tiny bursts of happiness have crossed cultural and geographical barriers, adjusting to local ingredients and preferences while uniting people via the thrill of indulging in all of their varieties. Whether you're more fond of Swedish kroppkaka, Mexican tamales, or Chinese jiaozi, the world of dumplings is a veritable gold mine of taste and history. With their unlimited variety and rich history, dumplings represent the charm of culinary diversity.

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