

# Homemade Vegan Seitan Dumplings

## Ingredients

- ½ lb. [simple seitan](#)
- 2 tbsp. coconut oil, solid (place in the freezer if it is liquid at room temperature).
- 1/3 cup grated carrots
- 2 scallions, chopped
- 2 cloves garlic, minced
- 1 tsp. soy sauce
- 1 tsp. sesame oil
- Salt, to taste
- Ground black pepper
- 45 round dumpling wrappers, defrosted if frozen

## Steps

1. Cut the seitan into large pieces, and transfer to the food processor. Pulse, until the seitan is all finely ground. Add the coconut oil, and pulse several more times so that it is in fairly small pieces and integrated throughout the seitan.

2. Add the seitan to a bowl. Chop the carrots, scallions, and garlic, and add it to the same mixing bowl. Add the sesame, soy sauce, salt and pepper, and mix well to combine.

3. There are many ways to fold dumplings- if you have a way you like and know, use that. If not, here is how I did mine. Place one teaspoon of filling in the center of a round dumpling wrapper. Wet the edges of the wrapper with a little water around the filling. Hold in one hand, and bring the edges up and press together in the center. Create pleats on one side of the dumpling, by making small folds and pressing it to the other edge. Repeat on the other side. For a visual aid, please check out [this guide](#). Set the folded dumpling aside, and continue until the remaining filling is used up.

4. To cook the dumplings, heat some oil in a skillet on medium-low heat. Add the dumplings with the folded side up, working in batches. Cook for several minutes, until the bottoms are golden and crispy. Add around 2 tbsp. of water to the hot pan, and quickly cover with a lid. Let cook for several more minutes, while the dumplings steam. Remove the lid, and cook until all the dumplings are cooked.

