

Made with Mulan

150 recipes for the everyday table



A place at the table



Meet Mulan Wu

Mulan Wu brings a between-cultures spirit to Made with Mulan. Her story follows a Chinese-American woman who moved to the United States with her family at age 12, learning to adapt while holding onto the food and everyday traditions she grew up with.

This collection brings that between-cultures spirit to a practical home kitchen: dumplings to fold, noodles to toss, vegetables to share and warm bowls to linger over. Some recipes follow familiar Chinese dishes; others are clearly labeled Chinese-American favorites or approachable adaptations.

Every recipe has its own page and food image. Read through the method first, gather your ingredients, and use the cooking cues alongside the estimated times. The recipes have not been kitchen-tested; the final page explains the AI-assisted creation of this book.

A small, useful pantry

Soy sauce

Use low-sodium soy sauce unless specified. Dark soy sauce adds color and is not a direct substitute for the regular kind.

Oils & vinegar

Neutral oil means an unflavored oil suitable for the cooking temperature, such as canola. Toasted sesame oil is a finishing flavor. Rice vinegar is unseasoned unless stated.

Aromatics

Fresh ginger, garlic and scallions appear often. A teaspoon of finely grated ginger packs differently from sliced ginger; follow the preparation listed.

Sauces with character

Oyster sauce contains shellfish; vegetarian mushroom stir-fry sauce is an alternative where noted. Doubanjiang is a chili-bean paste. Prepared black bean garlic sauce is different from plain canned black beans.

Noodles, wrappers & rice flour

Use the noodle type named and follow its package timing. Dumpling, wonton, egg-roll and spring-roll wrappers differ. Sweet glutinous rice flour and ordinary rice flour are not interchangeable.

US measures

1 cup = 16 tablespoons; 1 tablespoon = 3 teaspoons. Ounces and pounds describe weight unless stated as fluid ounces. Spoon flour into a dry measuring cup and level it. All temperatures are Fahrenheit.

Build a meal

Most main dishes serve four with rice or other sides. Rice is included only when listed. Side-dish yields are marked. Start with one main, one vegetable and a bowl of rice; add more dishes for a shared table.

Cook with care

Prepare first

Cut, measure and mix sauces before heating the pan. Cook in batches when the skillet is crowded. Use a stable cutting board and keep raw meat utensils separate from ready-to-eat food.

Use a thermometer

Times are estimates. Check the thickest part, away from bone: poultry 165°F; ground pork or beef 160°F; egg dishes 160°F; fish 145°F. Whole cuts of pork, beef and lamb need at least 145°F followed by a 3-minute rest. Shrimp and scallops should be opaque throughout.

Chill promptly

Refrigerate perishable food within 2 hours, or 1 hour if the surroundings exceed 90°F. Divide leftovers, including cooked rice, into shallow containers and keep the refrigerator at 40°F or below. Reheat leftovers to 165°F; reheating does not rescue food stored unsafely.

Handle heat safely

Keep water away from frying oil. Use a deep stable pan, never fill it more than halfway with oil, and monitor temperature. Open steamer lids away from your face. Use dry oven mitts for hot dishes.

Know your ingredients

Check labels for soy, wheat, sesame, egg, milk, peanut, tree-nut, fish and shellfish allergens. Substitutions can change texture and allergen content. Refrigerator pickles in this book are not shelf-stable canned foods.

Keep the guidance close

Read the official guidance linked below and follow package cooking and storage directions. People at higher risk of foodborne illness should use the guidance appropriate to their needs.

[FoodSafety.gov: four steps to food safety](#)

[Safe minimum internal temperatures](#)

Find your next favorite

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Pork & Napa Potstickers

Makes 32 • serves 4-6 | Prep 45 min • Cook 20 min



INGREDIENTS

2 cups finely chopped napa cabbage
1/2 tsp kosher salt
3/4 lb ground pork
2 scallions, thinly sliced
1 tbsp grated ginger
1 tbsp low-sodium soy sauce
1 tsp toasted sesame oil
32 round dumpling wrappers (3 1/2-4 inches)
2 tbsp neutral oil
2/3 cup water, divided
2 tbsp soy sauce + 2 tbsp rice vinegar, for dipping

METHOD

- 01 Toss cabbage with salt; rest 10 minutes and squeeze dry. Mix with pork, scallions, ginger, soy sauce and sesame oil.
- 02 Divide filling evenly among wrappers, about 1 rounded tablespoon each. Moisten the rim, fold into a half-moon and pinch firmly closed, pressing out air.
- 03 Heat 1 tablespoon neutral oil in a covered nonstick skillet over medium-high. Add half the dumplings flat-side down; brown 2 minutes. Add 1/3 cup water carefully and cover immediately.
- 04 Steam 7-9 minutes, until the pork filling reaches 160°F. Uncover and cook 1-2 minutes to crisp the bottoms. Repeat with remaining oil, dumplings and water. Mix the dipping sauce and serve.



Kitchen note Keep unused wrappers under a barely damp towel. Reduce heat if the bottoms darken before the filling cooks.

Chicken & Ginger Dumplings

Makes 32 • serves 4-6 | Prep 40 min • Cook 25 min



INGREDIENTS

3/4 lb ground chicken
1 cup finely chopped cabbage
2 scallions, sliced
1 tbsp grated ginger
1 tbsp low-sodium soy sauce
1 tsp sesame oil
32 round dumpling wrappers (3 1/2-4 inches)
2 tbsp soy sauce
2 tbsp rice vinegar
1 tsp finely shredded ginger

METHOD

01 Mix chicken, cabbage, scallions, grated ginger, 1 tablespoon soy sauce and sesame oil until tacky.

02 Divide filling evenly among wrappers, about 1 rounded tablespoon each. Moisten the edge with water, fold and seal, pressing out trapped air.

03 Line a steamer with perforated parchment. Space dumplings apart and steam in batches over actively simmering water for 12-15 minutes, until the center of the filling reaches 165°F.

04 Mix remaining soy sauce, vinegar and shredded ginger for the dip. Serve dumplings promptly.

Kitchen note A covered metal steamer works as well as bamboo. Keep water below the basket and replenish with hot water as needed.

Mushroom & Cabbage Dumplings

Makes 24 • serves 4 | Prep 35 min • Cook 25 min



INGREDIENTS

8 oz mushrooms, finely chopped
2 cups finely shredded cabbage
1 small carrot, grated
3 tbsp neutral oil, divided
2 scallions, sliced
1 tbsp low-sodium soy sauce
1 tsp sesame oil
24 dumpling wrappers
2/3 cup water, divided
2 tbsp soy sauce + 2 tbsp rice vinegar

METHOD

01 Heat 1 tablespoon neutral oil. Cook mushrooms, cabbage and carrot over medium-high for 7-9 minutes, until tender and dry. Stir in scallions, soy sauce and sesame oil; cool until easy to handle.

02 Divide the cooked vegetables evenly among the wrappers. Wet the edge, fold and seal firmly.

03 Heat 1 tablespoon oil in a covered nonstick skillet. Brown half the dumplings for 2 minutes. Carefully add 1/3 cup water; cover and steam 5-6 minutes.

04 Uncover to crisp the bottoms. Repeat with remaining oil, water and dumplings. Stir together the dipping sauce and serve.

Kitchen note Cook moisture out of the vegetables before filling; a wet mixture can split the wrappers.

Shrimp & Chive Dumplings

Makes 32 • serves 4-6 | Prep 40 min • Cook 20 min



INGREDIENTS

1 lb peeled raw shrimp, finely chopped
1/2 cup finely chopped Chinese chives or scallion greens
1 tbsp grated ginger
1 tbsp low-sodium soy sauce
1 tsp sesame oil
1 tbsp cornstarch
32 round dumpling wrappers (3 1/2-4 inches)
2 tbsp soy sauce + 2 tbsp rice vinegar

METHOD

01 Pat shrimp dry and chop to a coarse paste. Mix with chives, ginger, 1 tablespoon soy sauce, sesame oil and cornstarch.

02 Divide filling evenly among wrappers, about 1 rounded tablespoon each. Wet edges, fold and seal completely.

03 Arrange on perforated parchment in a steamer, leaving space between dumplings. Steam over simmering water in batches for 8-10 minutes; the shrimp should be opaque throughout and the filling hot in the center.

04 Mix the dipping sauce. Serve immediately, opening one dumpling to check the center before serving the batch.

Kitchen note These use convenient wheat wrappers; they are not translucent har gow wrappers.

Pork Wontons in Chili Sauce

Makes 40 • serves 4-6 | Prep 40 min • Cook 20 min



INGREDIENTS

3/4 lb ground pork
2 scallions, minced
2 tsp grated ginger
1 tbsp soy sauce
1 tsp sesame oil
40 square wonton wrappers
2 tbsp soy sauce, for sauce
2 tbsp rice vinegar
1-2 tbsp prepared chili oil
1 tsp sugar
1 tsp sesame seeds

METHOD

01 Mix pork, half the scallions, ginger, 1 tablespoon soy sauce and sesame oil.

02 Divide filling evenly among wrappers, about 2 teaspoons each. Wet the edges, fold into a triangle and seal. Bring the two long corners together and pinch.

03 Stir remaining soy sauce with vinegar, chili oil and sugar in a serving bowl.

04 Boil wontons gently in batches for 5-7 minutes, until the pork centers reach 160°F. Drain with a slotted spoon and toss with sauce. Add remaining scallions and sesame seeds.

Kitchen note Begin with 1 tablespoon chili oil and add more at the table.

Wonton Soup

Serves 4 | Prep 30 min • Cook 15 min



INGREDIENTS

1/2 lb ground pork
2 scallions, divided
1 tsp grated ginger
1 tbsp low-sodium soy sauce
24 wonton wrappers
6 cups low-sodium chicken broth
2 cups chopped bok choy
1 tsp sesame oil

METHOD

01 Mix pork, 1 minced scallion, ginger and soy sauce. Divide filling evenly among wonton wrappers, about 2 rounded teaspoons each; wet edges, fold and seal.

02 Bring broth to a simmer in one pot and water to a gentle boil in another. Add bok choy to broth and cook 3-4 minutes.

03 Boil wontons in batches for 5-7 minutes, until the pork centers reach 160°F. Transfer with a slotted spoon to the broth.

04 Add sesame oil and remaining sliced scallion. Divide among four bowls and serve hot.

Kitchen note Cooking the wontons separately keeps the broth clear.

Open-Top Pork & Shrimp Siu Mai

Makes 20 • serves 4 | Prep 30 min • Cook 15 min



INGREDIENTS

1/2 lb ground pork
1/2 lb peeled raw shrimp, finely chopped
3 mushrooms, minced
1 tbsp soy sauce
1 tsp sesame oil
1 tsp grated ginger
1 tbsp cornstarch
20 large wonton wrappers (about 4 inches)
2 tbsp finely diced carrot

METHOD

01 Mix pork, shrimp, mushrooms, soy sauce, sesame oil, ginger and cornstarch until cohesive.

02 Trim wrapper corners slightly. Cup each wrapper in your hand, divide filling evenly among the wrappers, about 2 scant tablespoons each, and squeeze the sides around it, leaving the top open. Flatten the base.

03 Press a few carrot pieces onto each top. Set apart in a parchment-lined steamer.

04 Steam over simmering water for 12-15 minutes, until the centers reach 160°F. Lift out carefully and serve.

Kitchen note Keep the dumplings similar in size so they cook evenly.

Steamed Pork Buns

Makes 10 buns | Prep 40 min • Rise 75 min • Cook 20 min



INGREDIENTS

2 1/2 cups all-purpose flour,
spooned and leveled
2 tbsp sugar
1 1/2 tsp instant yeast
3/4 cup warm water (100–110°F)
1 tbsp neutral oil
3/4 lb ground pork
1 cup finely chopped cabbage
2 scallions, minced
1 tbsp soy sauce
1 tsp grated ginger
1 tsp sesame oil

METHOD

01 Mix flour, sugar and yeast. Add warm water and neutral oil; knead 8 minutes until smooth, adding water 1 teaspoon at a time only if dry. Cover and rise about 60 minutes, until puffy.

02 Mix pork, cabbage, scallions, soy sauce, ginger and sesame oil; refrigerate while dough rises.

03 Divide dough into 10 pieces. Roll each into a 4-inch circle with thinner edges. Divide filling among circles, gather edges and pinch closed.

04 Set on parchment squares; rest 15 minutes. Steam in batches with space to expand for 18–20 minutes, until pork reaches 160°F. Turn off heat, wait 3 minutes, then uncover.

Kitchen note Do not lift the steamer lid while the buns are rising in the steam.

Vegetable Steamed Buns

Makes 10 buns | Prep 45 min • Rise 75 min • Cook 20 min



INGREDIENTS

2 1/2 cups all-purpose flour,
spooned and leveled
2 tbsp sugar
1 1/2 tsp instant yeast
3/4 cup warm water (100-110°F)
1 tbsp neutral oil
1 tbsp neutral oil, for filling
8 oz mushrooms, finely chopped
2 cups shredded cabbage
1 carrot, grated
2 scallions, sliced
1 tbsp soy sauce
1 tsp sesame oil

METHOD

01 Mix flour, sugar and yeast with warm water and 1 tablespoon oil. Knead 8 minutes until smooth; cover and rise about 60 minutes until puffy.

02 Heat filling oil. Cook mushrooms, cabbage and carrot 8-10 minutes until dry. Add scallions, soy sauce and sesame oil; cool.

03 Divide dough into 10 balls; roll into 4-inch circles with thin edges. Divide filling among them, gather and seal.

04 Place on parchment squares and rest 15 minutes. Steam in spaced batches for 15-18 minutes until dough is fluffy and cooked through. Turn off heat; wait 3 minutes before opening.

Kitchen note Let the cooked filling cool before wrapping so it does not soften the dough.

Scallion Pancakes

Makes 4 pancakes | Prep 25 min • Rest 30 min • Cook 20 min



INGREDIENTS

2 cups all-purpose flour
3/4 cup very hot water
1/2 tsp kosher salt
2 tbsp toasted sesame oil
1 cup thinly sliced scallions
3 tbsp neutral oil
2 tbsp soy sauce + 2 tbsp rice vinegar

METHOD

01 Stir hot water into flour with chopsticks or a spoon. When cool enough, knead 5 minutes. Cover and rest 30 minutes.

02 Divide into four pieces. Roll each into a thin 8-inch round. Brush with sesame oil; scatter with salt and scallions.

03 Roll into a tight log, coil into a spiral and flatten gently. Roll each coil to a 6-inch round without squeezing out the scallions.

04 Heat a little neutral oil in a skillet over medium. Cook each pancake 3-4 minutes per side until golden and cooked inside, adding oil as needed. Cut into wedges; mix the dipping sauce and serve.

Kitchen note Rest a resistant coil for 5 minutes before rolling it again.

Crisp Vegetable Spring Rolls

Makes 12 rolls | Prep 30 min • Cook 20 min



INGREDIENTS

12 wheat spring-roll wrappers
3 cups shredded cabbage
1 carrot, julienned
4 oz mushrooms, sliced thin
1 tbsp neutral oil, for filling
1 tbsp soy sauce
1 tsp grated ginger
1 tsp sesame oil
1 tbsp flour mixed with 1 tbsp water
Neutral oil for 1 inch depth in pan

METHOD

- 01 Heat 1 tablespoon oil. Stir-fry cabbage, carrot and mushrooms 6-8 minutes until dry. Add soy sauce, ginger and sesame oil; cool.
- 02 Put about 2 tablespoons filling near a wrapper corner. Fold the corner over, tuck in sides and roll tightly. Seal with flour paste.
- 03 Heat 1 inch oil in a deep heavy skillet to 350°F, keeping the pan less than half full. Fry in small batches for 3-5 minutes, turning, until golden.
- 04 Lift onto a rack and let cool briefly before serving. Maintain the oil temperature between batches.

Kitchen note Use thin wheat spring-roll wrappers, not rice-paper wrappers. Keep water away from hot oil.