

Mason Studio

Mason Studio is an Interior Design firm with an optimistic view of humanity. We believe in the potency of using design as a tool for actionable change.

By connecting our expertise in restaurant and hospitality design, diversity in our team’s culture, and a purpose to create connections between different groups of people, we conceived of the exhibition titled “Nourish: Connecting Through Dumplings”.

Mason Studio creates spaces, places and opportunities that make a positive social impact. We believe good design and good business lead to a stronger and more optimistic future.



Nourish: Connecting through Dumplings

Food is a throughline across cultures and generations. Basic ingredients like flour, water, and salt, combined with people and heritage, create flavours and textures that vary greatly, but they all remain connected.

Nourish explores the unifying power of food through a dish that reminds us of our shared humanity: the dumpling.

In this book, local chefs and restaurateurs share their dumpling recipes representing their roots. We examine how the dumpling is expressed in different cuisines, all from the personal perspective of the chefs. These recipes were shared initially in Mason Studio’s Cultural Hub, where hundreds of hanging clay dumplings were installed. It sets the scene for shared experiences and an evening of learning and tasting diverse dumpling flavours.

Nourish was part of DesignTO Festival, 2024



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Contributed by Len Senater

Shanghainese Dumpling

Ingredients

- 1 lb medium ground meat of your choosing (e.g. beef, pork, chicken, lamb, etc.)
- 1 cup veg of your choosing, finely chopped (e.g. chive, leek, cabbage, spinach, carrot etc.)
- 20 g green onion finely chopped
- 5 g ginger finely chopped
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp sesame oil
- ¼ tsp white pepper
- 1 tsp salt
- 1 tsp sugar
- 1 package of pre-made dumpling wrappers

Instructions

- 1. Thoroughly mix all ingredients
- 2. Fold into dumplings (see following fold instructions).
- 3. Cook whichever way you like (boil, steam, pan fry).
- 4. Place on a baking tray and freeze (transfer to an airtight container when fully frozen).

Dumpling Fold - Option 1

- 1. Wet edges of wonton skin with water
- 2. Spoon approximately 1 tbsp of filling onto wonton skin, fold in half into a triangle shape and seal edges.
- 3. Wet one corner of the dumpling skin.
- 4. Fold both corners of the wonton together and pinch to seal.

Dumpling Fold - Option 2

- 1. Wet edges of wonton skin with water. Spoon approximately 1 tbsp of filling onto wonton skin, fold in half into a triangle shape and seal edges.
- 2. Fold excess skin at bottom of wonton toward filling. Fold top corners down behind.
- 3. Turn wonton around, wet folded corners and pinch together to seal.



Photo: Christine Vuong

Fried Dumpling

Ingredients

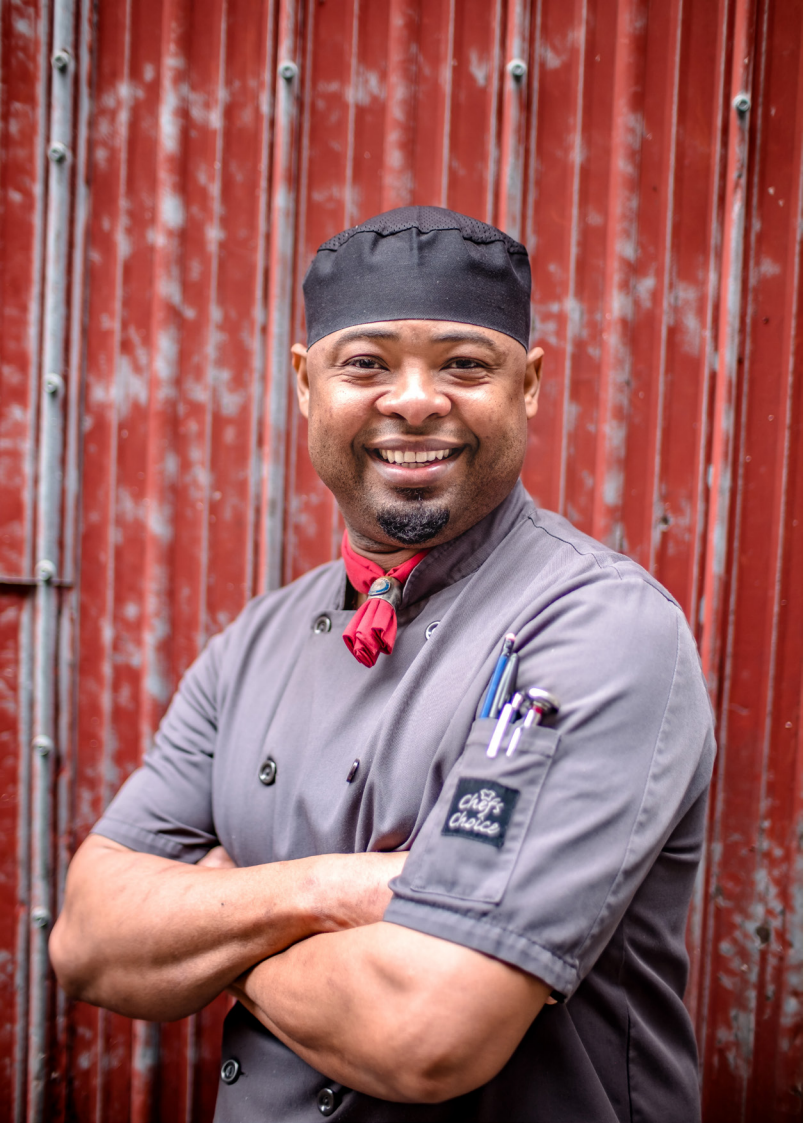
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 tbsp sugar (optional)
- 1/2 cup cold water
- 1 cube butter (optional)
- vegetable oil for frying

Servings

10 to 15 pieces depending on size

Instructions

1. In a large mixing bowl, combine the flour, baking powder, salt, and sugar. Mix well.
2. Gradually add the cold water to the dry ingredients, stirring with a fork or your hands until a dough forms. The dough should be slightly sticky but not too wet.
3. Add more water or flour as needed to achieve the right consistency.
4. Knead the dough on a lightly floured surface for about 5 minutes until it becomes smooth and elastic.
5. Divide the dough into 10 to 15 equal-sized pieces and shape each piece into a small ball.
6. Heat vegetable oil in a deep-frying pan or pot over medium-high heat. The oil should be about 1 inch deep.
7. Once the oil is hot, carefully drop the dumplings into the oil, making sure not to overcrowd the pan.
8. Fry the dumplings for about 3 to 4 minutes on each side, or until they turn golden brown and crispy.
9. Use a slotted spoon or tongs to remove the fried dumplings from the oil and transfer them to a paper towel-lined plate to drain excess oil.



Photos: Ting Lei

Haitian Bouyon and Dumpling

Ingredients

- Epis**
1 bell Pepper
2 cloves of garlic
2 sprigs of thyme
1 stalk of scallion
1/2 bunch of parsley
250 ml of veg oil
1 tsp of salt
1 tsp of ground clove
1 tsp of grated ginger
- onions
2 tbsp of Epis
1 cube of veg Maggi
1 tsp of paprika
1 tsp of black pepper
1 tsp of garlic powder
1 scotch bonnet
pepper
1 bay leaf
2 L of veggie stock
1 cup of diced yucca
1/2 cup of sliced green plantains
1 cup diced white sweet potato
1/4 cup of diced Chayote squash
1/2 cup of diced carrots
1/2 cup of chopped watercress

Bouyon Dumpling

- 1 cup of flour
1 tsp salt
2 tbsp of melted butter
1/4 cup of cold water

Soup

- 1 tbsp of olive oil
1/4 cup chopped

Instructions

1. Combine all ingredients into a food processor and pulse until a chunky Epis paste is formed.

2. Mix in your wet and dry ingredients by hand until a sticky dough forms. Coat hands in flour and tear small pieces of dough before rolling them in your hands and dropping them into the soup.

3. In a deep soup pot at medium heat, add in olive oil and chopped onions, sautee until the onions become translucent.

4. Add in your epis and sautee for 3-5 minutes to caramelize the paste and continue cooking the onions.

5. Add in your Paprika, black pepper, garlic powder to the pot and stir to combine before adding in bay leaf, scotch bonnet.
6. Add your Maggi cube and your vegetable stock. Bring to a boil.

7. Begin adding in your vegetables in the order previously noted, in 5 minute intervals, this is to ensure each vegetable has the proper cooking time.

8. Add in your dumplings and cover to cook for 5-10 minutes depending on the size you choose to make the dumplings.



Photo: Ksenija Hotic

Boiled Boxty Dumpling

Ingredients

- 2 cups mashed russet potatoes (cooled or leftovers)
- 2 cups grated russet potatoes (fresh)
- 2 cups flour (all-purpose)
- 1 tsp baking soda
- 1-½ tsp salt
- 2 cups buttermilk (or as needed)

Frying butter, oil, or bacon

Optional: Shredded smoky cheddar cheese, chopped green onions

Instructions

1.

In a medium bowl, mix flour, baking soda, and salt
2.

Grate the fresh russet potatoes (about 2-3 medium sized potatoes). Place on a clean cotton kitchen towel and wring out using a small bowl to catch the liquid.
3.

Fold in grated potatoes and cold mashed potatoes to the flour mixture.
3.

Bring a pot of water to boil, add dumplings, and leave on simmer for an hour and ten minutes.
4.

Remove after the hour and ten, cool and chill overnight in the fridge.
5.

The next morning, slice dumplings to your preference, then fry in butter.
6.

Optional: Add a fried egg on top for an extra delicious breakfast treat, or add to soups and stews for dinner.

For Overnight Boiled Boxty (Dumpling):

1.

Mix the potato mixture into a firm dough, adding flour as needed (avoid sticky dough) and knead for 3-4 minutes.
2.

Form the dough into dumpling shapes (roughly tennis ball sized). Toss between your hands for 1-2 minutes to compact the dumpling dough.



Photos: Sarah Duignan



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Fried Boxty

Ingredients

- 2 cups mashed russet potatoes (cooled or leftovers)
- 2 cups grated russet potatoes (fresh)
- 2 cups flour (all-purpose)
- 1 tsp baking soda
- 1-½ tsp salt
- 2 cups buttermilk (or as needed)

Frying butter, oil, or bacon

Optional: Shredded smoky cheddar cheese, chopped green onions

Instructions

1. In a medium bowl, mix flour, baking soda, and salt.

2. Grate the fresh russet potatoes (about 2-3 medium sized potatoes). Place on a clean cotton kitchen towel and wring out using a small bowl to catch the liquid.

3. Fold in grated potatoes and cold mashed potatoes to the flour mixture.
- For Day-Of Boxty (Fried):
1. Heat your oil or butter over the pan to ready it for the mixture and turn oven on to warming to prepare for keeping the finished boxty warm.

2. Add 2 cups buttermilk and combine the mixture. If the mixture is still thick, slowly add more buttermilk until it reaches a more pancake-like texture.

3. Add a scoop of the potato mixture
- to the heated pan to form a patty, pressing down to flatten it out and shape as needed. Fry slowly until the bottom is browned, and flip to fry the other side to match. Be mindful not to cook quickly, or the surfaces will brown before the raw grated potato has cooked through.
4. Add the finished boxty to the warmed oven while you continue to cook the remaining batter.
5. Serve while hot, add a full Irish breakfast with eggs and sausage, or add to beef stews for dinner.



Photo: Danelle J Tran

Pierogi

Ingredients

- Dough:**
500g all-purpose flour
1/2 tsp salt
250 ml warm water
50 ml vegetable oil
- Filling:**
500 g potatoes, peeled, boiled, and mashed
300 g pressed cottage cheese (farmer's cheese)
330 g finely chopped onion, sautéed (1 large onion)
Salt and pepper to taste

Instructions

- Prepare the Dough:
1. In a large bowl, combine flour and salt.
 2. In a separate bowl, mix warm water and vegetable oil.
 3. Gradually add the wet ingredients to the dry ingredients, mixing until dough becomes soft and elastic.
 4. Knead on a floured surface until smooth. Cover and let it rest for 30 minutes.
- Make the Filling:
5. Combine mashed potatoes, cottage cheese, and sautéed onions.
 6. Season with salt and pepper to taste. Mix well.
- Assemble the Pierogi:
7. On a floured surface, roll out the dough into thin layer and cut circles using a glass or round cutter.
 8. Place a small amount of the potato and cottage cheese filling in the center of each circle.
- Seal and Cook:
9. Fold the dough over the filling to create a half-moon shape. Pinch the edges to seal.
 10. Boil the pierogi in a large pot of salted water until they float to the surface, then cook for an additional 3-4 minutes.
- Serve:
11. Optionally, sauté boiled pierogi in butter until lightly golden.
 12. Serve with sour cream and additional sautéed onions.



Photo: Alan Briones



Photo: Adam Scotti

Momo

Ingredients

- 1 lb ground beef
- ½ cup cooking onion, minced
- ½ cup chopped cabbage
- 2 tsp ginger, minced
- 2 tsp garlic, minced
- 2 tbsp cilantro, chopped small
- 4 tsp salt
- 1 tsp white pepper
- 1 tsp soy sauce
- 1 tsp vegetable oil
- Momo wrappers

Instructions

1. Mix all the ingredients (excluding the momo wrappers) in a medium-sized bowl.
2. Cover the bowl and let sit in the fridge for 30 minutes.
3. Take the Momo out of the fridge and use a spoon to put filling in the wrapper.
4. Shape the wrappers with filling inside.
5. Place finished Momo on large sheet until all Momos have been made.
6. Boil water in a steamer.
7. Spray steamer with with anti-stick oil.
8. Place Momo on steamer tray.
9. Let Momo's steam for 15 minutes.
10. Enjoy with your favorite dipping sauce!



Photos: Urgen Lama



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Turkish Manti

Ingredients

- Dough:**
flour
eggs
olive oil
salt

Filling:
ground beef
onions
salt and pepper

Sauce:
Turkish style
yogurt and garlic
mix
butter sauce with
paprika
- Spices:**
dry mint
sumac
isot (smoked chili
peppers)
Turkish red chili
peppers

Instructions

- Manti Dough:
1. Flour, water, eggs, olive oil and salt are mixed. The dough needs to rest for at least 2 hours.
 2. While waiting for the dough to rest, prepare the filling.
- Filling:
3. Mix ground beef, onions, salt and pepper.
 4. Roll the dough into a round shape traditionally; however, it can be rolled like a pasta sheet.
 5. Cut the rolled dough into small squares.
 6. Fill the squares with the beef stuffing.
 7. Fold them in a desired shape. There could be a few different styles.
 8. Boil salt water, cook the Manti.
9. While the Manti is boiling, prepare the yogurt sauce (Turkish Style plain yogurt, garlic and salt) and paprika butter
 10. Take the Manti from the water, place them in a bowl, pour the yogurt sauce, add the spices (dry mint, sumac, chili peppers and Isot (Urfa pepper) then drizzle the paprika butter while it is still sizzling hot.



Tortellini Bolognese In Brodo

Ingredients

Dough:

- 100g Mortadella, cubed
- 100g Prosciutto di Parma, cubed
- 100g Pork Shoulder (or loin), cubed
- 100g Parmigiano, Grated
- 20g Butter
- 1 Egg
- Black Pepper, to taste
- Nutmeg, to taste

Broth:

- 1.5kg Beef Chuck
- 1/2 Chicken
- 1 White Onion, Rough Chopped
- 2 Stalks Celery, Rough Chopped
- 1 Carrot, Rough Chopped
- 4 Litres Cold Water
- 2 tbsp Olive oil
- Cloves, to taste

Pasta Dough and Shaping:

- 300g “00” flour, plus extra for dusting
- 3 Large eggs
- Salt, to taste

Instructions: Filling

1. In a saucepan, on medium/low heat melt the butter and begin to fry the cubed pork shoulder lightly. Once cooked set aside and let cool.
2. After the pork shoulder has cooled, combine all ingredients into a food processor and process until smooth and homogeneous. There should be no large chunks. Season with black pepper and nutmeg to taste.
3. Set aside the filling and let it rest, covered, until you are ready to fill.

Tortellini Bolognese In Brodo

Instructions: Dough

1. Mound the flour on a clean work surface, and create a “well” in the centre with your hand.
2. Crack each egg into the centre of the well. With a fork, begin to whisk the eggs in a circular motion incorporating flour from the outside of the well as you go.
3. As the mixture begins more incorporated it will become harder to mix with the fork, switch to mixing by hand and begin the motion of kneading. Knead for approximately 3-5 minutes until the dough is homogeneous, has a “smooth” texture to it, and bounces back when pressed lightly.
4. Cover and let rest for 30 minutes before shaping.

Instructions: Shaping

Sheet out your pasta either by hand with a rolling pin, or with a manual/ electric pasta sheeter. Dusting the work surface if necessary. Once you have reached a thickness of approximately 1.5 mm, begin to cut your sheet into even squares approximately 2” x 2”. Place 1 oz of filling in the centre and begin to fold. The classic tortellini shape is created by folding one corner over to the opposite corner diagonally, creating a triangle. Seal the pasta sheets ensuring there is no air inside. Take the two opposite ends of the triangle and fold them around the tip of your finger to create the classic shape, pinching at the point where they meet.

Instructions: Broth

1. Heat the olive oil in a heavy bottom sauce pan. Place the onion in the pan and begin to sear.
2. After about 2-3 minutes the onion should have a golden hue to it and some color, add the onion and the rest of the ingredients into a large stock pot.
3. Turn the heat to medium/low and simmer for 4 hours.
4. If any foam develops at the top of the stock pot, gently scoop it out with a kitchen spoon and discard.
5. After 4 hours, remove the vegetables and meats from the broth with a kitchen spider or slotted spoon and strain the broth into a new pot.
6. Season the finished broth with salt
7. Bring the broth to a medium boil and add the tortellini.
8. After 2-3 minutes or until the tortellini are tender, ladle into bowls and serve.

Pastaio



Chef Anthony Sestito



Hakka Wonton

Ingredients	Instructions	
1 pack wonton skins 1 lb minced pork 1 lb shrimp, peeled, deveined, minced 0.5 oz dried shrimp, soaked in hot water for 20 min, minced 0.25 cups water 0.5 tablespoons soy sauce 0.5 tablespoon shrimp stock 0.25 cup corn starch 0.5 teaspoon sugar 1 egg white 0.25 teaspoon pepper 0.5 teaspoon salt	Shrimp Stock	Filling:
	After peeling the shrimp, place the shells in a medium size pot. Add a pinch of salt and just enough water to cover your shells. Tip-For a better stock add some onion, garlic, ginger and carrot. Bring up to a boil on high heat. Turn down heat to medium-high and simmer until the liquid reduces to half, approximately 5-10 min.Take your pot off the heat and strain through a fine mesh strainer into a stainless steel bowl. Place in the fridge to cool before using.	Strain off the dried shrimp discarding the water. Optional- I like to fry off my dry shrimp in a small saucepan with a little canola oil for more flavor. Combine the dried shrimp and fresh shrimp on a cutting board and chop to a fine mince. Tip- If you have a meat grinder the texture will turn out better and it will take you half the amount of time. In a large bowl combine all ingredients together, except for the wonton skins, and mix well.

Hakka Wonton

Making Wontons	Cooking Method:	Assembly:
Place a wonton skin on a clean surface so it looks like a diamond. Place a small amount of wonton mix in the center. Wet the bottom corner of the wonton skin with water and fold it up to the opposite corner. Press the edges to seal. Wet the two side corners with water and bring them together and press firm to join. Repeat above until all your wonton mix is used up. Place wontons on a lined baking tray and place in freezer.	Place a large soup pot of water on the stove top and turn the heat to high. Bring the water to a boil. Carefully put your wontons in the boiling water, stir after 2 min, cook for 5-7 min. Stating the obvious- only cook the amount of wontons you want to eat. This recipe makes quite a bit of dumplings. Carefully pour the pot out into a colander over a sink. Drain the water out and place wontons in a stainless steel bowl. Stating the obvious- the water is extremely hot! Be careful not to splatter when pouring the wontons in the colander.	Cooked Wontons XO Sauce Oyster sauce Chili oil Sriracha Scallion sliced Coriander leaves Place the wontons in a stainless steel bowl and add 2 tablespoons of XO sauce, 2 tablespoons of oyster sauce, 2 tablespoons of chili oil, and Sriracha if you like heat. Gently toss and serve on a plate. Garnish with chopped coriander and scallions and enjoy!



Corn Bread Dumpling

Ingredients

100 g Masa Flour
125 g White Kidney Bean and Liquid
133 g Water
50 g Pimento or Kidney Bean whole
1 tsp Spice Bush or Pepper to taste
1 tsp Salt or to taste
Total Yield of 330g
or 33 (10g portions)

Instructions

1. Mix 125 g of white kidney bean and liquid into a food processor, add 133 g water and blend. Note: you can use a bowl and mash with a fork if needed.

2. Add your 100 g of Masa Flour and blend or stir in. This can be done by hand or in the machine, whatever you have available to you.

3. Form the dough, hand flatten, then add your 50 g of whole beans, Spice Bush if you have some or just salt and pepper to taste here. Work until incorporated.
4. Form into 10 g balls and simmer on medium high heat until floating. You can continue to cook them at this stage if not completely cooked through. (5 minutes or until desired doneness)

5. Pair with your favour broths or stocks, add to soups, or pan fry with some vegetables.



Photo: Ksenija Hotić

Kazakh Lamb and Squash Dumplings

A Manti recipe by Zhanar Khamitova
Excerpt from *The Depanneur Cookbook*

Ingredients	
Dough:	
1 cup	water, or as needed
4 cups	flour
1 large	egg
1 tsp	salt
Filling:	
1¾ lb	lamb stewing meat
7 oz	lamb fat (see Tips)
1 large	onion
14 oz	butternut squash
1 tsp	freshly ground black pepper
2 tsp	salt
1 tsp	ground coriander
1 tsp	ground cumin
Assembly:	
½ cup	vegetable oil for brushing steamer
	Melted butter
Sour Cream Sauce:	
½ cup	sour cream
½ cup	yogurt
1 clove	garlic, crushed and finely chopped
	Salt
Tomato Sauce:	
1 cup	tomato sauce or canned
	crushed tomatoes juice
1	red bell pepper, seeded and cut
1 clove	garlic, peeled but whole
	Salt
Makes: 50 to 60 pieces, depending on the size of the manti (8 to 10 servings)	

Instructions:
Make The Dough: In a stand mixer fitted with the dough hook, combine the water, flour, egg, and salt and mix to form a stiff dough, about 5 minutes. (You could also knead the dough by hand.) Let it rest, covered, for 20 to 30 minutes.
Make The Filling: Cut the lamb, lamb fat, onion, and squash into ¼-inch/6 mm dice. Place in a large bowl and add the pepper, salt, coriander, and cumin and mix thoroughly. Divide the dough into 4 equal portions. Using a rolling pin or a pasta machine, roll the dough out until very thin (#4 setting, a scant 1/16 inch/1 mm). Lay each sheet of dough on a floured surface and cut into 4-inch/10 cm squares or 4 to 5-inch/10 to 12 cm rounds. You should end up with 50 to 60 pieces.

Kazakh Lamb and Squash Dumplings

Instructions: Assemble The Manti	Make The Tomato Sauce:
Place about 1 tablespoon filling in the centre of each square/circle. Pick up the four corners/edges to form a small pouch and pinch together at the top. Work your way down any open seams, pinching to seal completely, gently squeezing out any extra air as you go.	between them to avoid sticking to each other. Place the steamer baskets over the pot of boiling water, cover, and steam for 40 to 45 minutes.
Place the shaped mantis on a floured surface or parchment lined baking sheets.	Meanwhile, make the sour cream sauce: In a small bowl, stir together the sour cream, yogurt, garlic, and salt to taste.
Fill a large pot two-thirds with water and bring to a boil. Brush steamer baskets with vegetable oil.	In a food processor, combine the tomato sauce, bell pepper, garlic, and salt to taste and process until smooth.
Evenly arrange the manti in the steamer baskets, leaving some space	When the manti are cooked, toss with a little melted butter and serve with the sauces.

The Depanneur



Len Senater



Photo: Fatima Khamitova

Photo left: Sandy Nicholson

Nourish: Connecting Through Dumplings



Photo: Fatima Khamitova

