

# MONGOLIAN BUUZ DUMPLINGS

## ABOUT THE DISH

Buuz is an ethnic Mongolian steamed dumpling and is eaten in parts of southern Russia. It is highly popular throughout Mongolia on many occasions and is a central dish in Mongolian New Year celebrations. The dumplings are typically filled with mutton and beef.

## LIVESTOCK PRODUCTION IN CHINA AND MONGOLIA

China and Mongolia have vast interconnected grasslands (more than 520 million hectares) that provide the resource base to support the livelihoods of more than five million low-income pastoral households as well as an array of environmental benefits, from improving air and water quality to acting as a carbon sink. Concerns over the condition of these grasslands and the livelihoods of herders have increased over time, however, and are now a major issue. Over the past 50 years, the grasslands of north-west China have become degraded, due to a five to sixfold increase in numbers of people and livestock. Major consequences are that herder household incomes are among the lowest in China and degraded environments are typified by grassland degradation and severe annual dust storms.

## THE PROJECT

The overall aim of the project is to improve grassland management practices and pastoral livestock systems in China and Mongolia through research into the incentives driving these systems and the design of incentive-based policies. In China, the focus of the research will be on the grasslands of Inner Mongolia. ■

### ACIAR PROJECT ADP/2012/107

Strengthening incentives for improved grassland management in China and Mongolia.

### MORE INFORMATION

**Dr Colin Brown** (project leader), University of Queensland, [colin.brown@uq.edu.au](mailto:colin.brown@uq.edu.au);  
**Guanglin Wang** (China country manager), ACIAR China Country Office, [guanglin.wang@aciarc.gov.au](mailto:guanglin.wang@aciarc.gov.au);  
**Dr Ejaz Qureshi** (agricultural development policy research program manager), ACIAR, [ejaz.qureshi@aciarc.gov.au](mailto:ejaz.qureshi@aciarc.gov.au)

## Mongolian Buuz Dumplings

### Ingredients

#### Dough

3½ cups all-purpose flour  
 2 tsp salt  
 1½ cups lukewarm water

#### Filling

700 g ground lamb  
 ½ cup finely chopped onion  
 3 spring onions, very thinly sliced  
 4 cloves garlic, grated  
 3 tsp ground coriander  
 2 tsp salt  
 1 tsp ground black pepper

#### Dipping Sauce

¼ cup red wine vinegar  
 1 generous tbsp hoisin sauce  
 1 tbsp soy sauce  
 1 tsp sesame oil  
 2 tsp minced spring onions  
 2 tsp shredded ginger

### Method

#### Dough

1. In a medium-sized bowl mix together flour and salt. Make a well in the centre and gradually pour in water. Pull in flour from the side of the bowl until well mixed in and you have formed a dough.
2. Place dough on a clean work surface and knead with your hands until dough is smooth. Add more flour or water if necessary. (You can make the dough in a stand mixer as well. Simply place flour, salt and water in mixer bowl and mix for 5 minutes.)
3. Place dough in a bowl, cover and allow to rest in fridge for 1 hour before using.
4. In the meantime, prepare filling and make dipping sauce.

### Filling

1. In a large bowl, combine lamb, onion, spring onion, garlic, coriander, salt and pepper. Mix until everything is well combined.

### Dipping Sauce

1. Combine, vinegar, hoisin sauce, soy sauce, sesame oil, spring onion and ginger in a small bowl. Whisk to combine.

### Dumplings

1. Remove dough from fridge, knead for about a minute then roll into a log about 2.5 centimetres in diameter.
2. Cut roll into 2.5 cm slices.
3. Roll slice into a ball and lightly dust with flour. Flatten it a bit, then roll out into a circle about 10 cm in diameter. Make the centre slightly thicker than the edge.
4. Hold one dough circle in your hand and place about a teaspoon of filling in the centre. Pinch the edge on one side, then create another fold next to it. Continue this way while rotating the buuz.
5. If done correctly, there will be a small opening in the centre at the top.
6. Dip the bottom of each buuz into a bit of oil, or line a steamer rack with lettuce so that the buuz does not stick to the rack. Arrange buuz on rack so they do not touch.
7. Use a bamboo steamer, flat pasta strainer or cake rack.
8. Place the steamer in a pan or wok that has about 5 cm of water in the bottom. Water should not touch the dumplings.
9. Bring water to a simmer, place steamer into the pan and put the lid on the steamer.
10. Steam for 15 minutes without removing lid.

Recipe from: All That Cooking, May 2013—  
[www.allthatcooking.com/2013/05/11/buuz-mongolian-dumplings](http://www.allthatcooking.com/2013/05/11/buuz-mongolian-dumplings)



Serves 8

