

2025 UConn Dining Culinary Olympics Winning Recipe

Chicken Dim Sum

Bibek Lama

For the Dim Sum:

- Egg roll wrappers: 1 pound,
- Ground chicken: 1 pound
- Red onion: 1 medium, diced finely
- Green scallions: 3–4 stalks, finely chopped
- Cilantro: 1/2 cup, finely chopped
- Garam masala: 2 tbsp
- Coriander powder: 1 tbsp
- Cumin powder: 1 tbsp
- Cinnamon powder: 1/2 tbsp
- Salt: 1/2 tbsp, or to taste
- Red pepper: Thin slices for garnish

For the Sauce:

- Tomatoes: 2 whole, halved
- Garlic cloves: 6–7, whole
- Cilantro: 1/4 cup, chopped
- Vegetable oil: 2 tbsp
- Salt: To taste

Step 1: Prepare the Filling

- Dice the red onion and finely chop the cilantro and green scallions.
- In a mixing bowl, combine the ground chicken, diced onion, cilantro, scallions, garam masala, coriander powder, cumin powder, cinnamon powder, and salt. Mix well until evenly combined.
- Cover the mixture and refrigerate while you prepare the sauce.

Step 2: Make the Sauce

- Heat oil in a pan over medium heat. Add the halved tomatoes and whole garlic cloves to the pan. Sear until the tomatoes are soft and slightly charred.
- Add salt to taste and stir in the chopped cilantro.
- Remove from heat and let the mixture cool slightly.
- Blend the cooled tomato and garlic mixture with an immersion blender or standard blender until smooth. Set aside.

Step 3: Assemble the Dim Sum

- Finely julienne the egg roll wrappers into thin strips.
- Take the chilled chicken mixture and scoop small portions to form bite-sized balls.
- Wrap each chicken ball with the julienned egg roll wrappers, pressing gently to adhere.

Step 4: Cook the Dim Sum

- Heat oil in a deep pan or fryer to 350°F (175°C).
- Fry the wrapped chicken balls in the hot oil until golden brown and crispy, ensuring the internal temperature of the chicken reaches 165°F (74°C).
- Drain on a paper towel-lined plate.

Step 5: Garnish and Serve

- Garnish the fried dim sum with thinly sliced red pepper and green scallions.
- Serve hot with the prepared tomato-garlic sauce on the side.