This dough is the foundation of many excellent dumplings, including Chinese ji’aozi, Korean mandu, and Nepali momo. The process of making the dough is easy to master, especially with a little help from modern tools such as a food processor (though you can mix the dough by hand). Here we swap in more nutritious whole wheat pastry flour for the usual all-purpose flour. Thus, you may need a bit more water.

Recipe makes about 1 pound of dough, enough for 32 medium or 24 large dumplings

**INGREDIENTS**

- 10 ounces (2 cups) whole wheat pastry flour
- about ¾ cup just-boiled water

*Note: Recipes for hot-water dough often call for boiling water to hydrate the dry ingredients, but I find that practice too dangerous and prefer to let the water rest first. For the just-boiled water, half-fill a kettle or saucepan with water and bring it to a boil. Turn off the heat and after the bubbling action subsides, 30 to 90 seconds (depending on the heating vessel), pour the amount needed into a glass measuring cup and use for making the dough. I typically wait no more than 2 minutes after boiling to use the water.*

**METHOD**

Put a bowl atop a kitchen towel to prevent it from slipping while you work. Put the flour in the bowl and make a well in the center. Use a wooden spoon or bamboo rice paddle to stir the flour while you add ¾ cup hot water in a steady stream. Aim to evenly moisten the flour. It is okay to pause to stir or add water—it is hard to simultaneously do both actions. When all the water has been added, you will have lots of lumpy bits.

Knead the dough in the bowl (it is not terribly hot) to bring all the lumps into one mass; if the dough does not come together easily, add water by the teaspoon. Avoid overworking the dough!

Transfer the dough and any bits to a work surface; flour your work surface only if necessary, and then sparingly. Knead the dough (it is not hot) with the heel of your hand for about 30 seconds for machine-made dough, or about 2 minutes for handmade dough. The result should be nearly smooth and somewhat elastic. Press on the dough; it should slowly bounce back, with a light impression of your finger remaining. Place the dough in a zip-top plastic bag and seal tightly closed, expelling excess air. Set aside to rest at room temperature for at least 15 minutes and up to 2 hours. The dough will steam up the plastic bag and become earlobe soft, which makes wrappers easy to work with.

After resting, the dough can be used right away to form the wrappers. Or, refrigerate it overnight and return it to room temperature before using.