

**KAPOW**  
appetizers

# DUMPLINGS







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KAPOW Dumplings are a quick and easy-to-prepare appetizer or entrée add on. This dim sum standard has become popular in all classes of restaurants. Asian style dishes are one of the fastest growing segments in the appetizer category. The average KAPOW Dumpling weighs 23 g, which is higher than industry standard.

- Multiple preparation options
- Fully cooked
- Attractive price point and food cost
- Made in Canada 

## Preparation Methods

1. Pan fry from thawed state on high heat in a non-stick pan with a splash of oil. Add water and cover, allow steam to cook for 1-2 minutes, reduce heat to medium and cook until one side is brown (crisp).
2. Deep fry from thawed state for 2 – 3 minutes
3. Add to your favourite Asian inspired soup.

Product #	Description	Size	Pack
0464	Chicken & Vegetable	176 pc Case	4/1 KG
0508	Kim Chi & Chicken	176 pc Case	4/1 KG
0465	Kim Chi & Pork	176 pc Case	4/1 KG
0463	Pork & Vegetable	176 pc Case	4/1 KG
0531	Taco Beef	176 pc Case	4/1 KG
0514	Teriyaki Beef	176 pc Case	4/1 KG
0555	Vegetable 	176 pc Case	4/1 KG

