Vegetable Gyoza

Fresh from the garden: cabbage, carrots, celery, onions

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Gyoza, otherwise known as ‘pot stickers’ are traditional Chinese dumplings that have become very popular in Japan. After a bit of practice, they are quick and simple to make – after a bit of practice! Gyoza or ‘gow gee’ wrappers are round and white rather than yellow like won ton wrappers, and can be found in most supermarkets.

Equipment:
- metric measuring cups and spoons
- clean tea towel
- chopping board
- kitchen knife
- food processor (optional)
- large bowl
- large frying pan and lid
- wooden spoon
- tongs
- serving platter

Ingredients:
- 250 g canned water chestnuts, drained
- 1/4 white cabbage
- 1 small carrot
- 1/2 onion
- celery stalk
- 25 g cornflour
- 1 tablespoon soy sauce
- 1/2 tablespoon sesame oil
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper
- 1 packet gyoza wrappers
- 2 tablespoons olive oil
- gyoza sauce, for serving (see recipe below)

What to do:
- Finely chop the water chestnuts, cabbage, carrot, celery and onion. Or use a food processor to grate them finely.
- If using the food processor to finely chop the ingredients, use a clean towel to gently squeeze the mixture to remove excess moisture.
- Transfer vegetable mixture to a large bowl and mix in the remaining ingredients.
- Place a teaspoonful of the vegetable mixture in the centre of each gyoza skin.
- Moisten one edge with water, then fold over opposite edge and press down to seal the gyoza into a neat crescent.
* Heat a large frying pan over medium heat until hot, then add 1 teaspoon of olive oil. Place 6 of the dumplings in the pan (don’t overcrowd, they should not be touching) and cook for 2 minutes over low heat until just beginning to brown.
* Add 1 tablespoon of water and immediately cover the pan with the lid.
* Cook each gyoza for one minute, remove from heat and rest in pan for one more minute.
* Repeat with remaining gyoza until all are cooked.
* Serve with gyoza sauce.

**Gyoza Sauce**

**Equipment:**
- metric measuring cups and spoons
- small pot
- wooden spoon
- clean tea towel
- chopping board
- kitchen knife
- serving bowl

**Ingredients:**
- 1 tablespoon sugar
- 2 tablespoons malt vinegar
- 1 red chilli
- 1 garlic clove
- salt
- 3/4 cup light soy sauce
- 2 teaspoons sesame oil

**What to do:**
- Place the sugar and vinegar in a small pot over a low heat and stir until sugar is dissolved.
- Finely chop the garlic and chilli together with a sprinkling of salt until it forms a mash.
- Combine all the ingredients together, mix well and allow to cool before serving.