

Vegetable Gyoza

Season: All

Type: Starter

Difficulty: Easy

Serves: 30 tastes in classroom,
or 6–8 at home

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
1 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
 $\frac{3}{4}$ 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.

