

# 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  
¾ 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.

