

Vegetable Gyoza (Japanese Dumplings)

Makes: 40-45 pieces

Recipe source: based on a Stephanie Alexander Kitchen Garden Foundation recipe

Preparation time: 25 minutes

Cooking time: 20 minutes

Ingredients:

Filling:

- 1/4 white cabbage, finely chopped
- 1 small carrot, grated or julienned
- 1/2 onion, peeled and finely chopped
- 1 celery stalk, finely chopped
- 250 g can water chestnuts, drained, chopped
- 1 tablespoon cornflour
- 1 tablespoon soy sauce
- 1/2 tablespoon sesame oil
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon white pepper

For assembly:

- 1 teaspoon corn flour (for tray)
- 40 - 45 (1 1/2 packets) round gyoza wrappers (see note)
- 3 tablespoons vegetable oil (or other cooking oil)

What to do:

Filling:

1. Prepare all fresh ingredients (cabbage, carrot, onion, celery) and combine in a bowl.
2. Place remaining filling ingredients in a separate bowl.
3. Squeeze out any excess water from the vegetables, using the tea towel.
4. Transfer vegetable mixture to the large bowl and mix in the water chestnuts, cornflour, soy sauce, sesame oil, salt, sugar and white pepper.
5. Use a spoon to mix.

Assembly:

1. Sprinkle a baking tray with 1 teaspoon of corn flour.
2. Place 1 gyoza wrapper on your palm (left hand for right-handed people).

3. Dip your finger in water and run it around the edge of half the gyoza wrapper (to seal).
4. Place 1 slightly heaped tablespoon of Filling on the wrapper.
5. Fold wrapper over and use your right hand to create 4 pleats.
6. Press to seal and place on the tray.
7. Repeat with remaining wrappers.

Cooking:

8. Heat 1 tablespoon oil in a frypan or large skillet (that has a lid) over medium high heat.
9. Place gyoza in rows in the pan. If they are too close together, they will stick to each other.
10. Cook until the underside is light golden, then pour 1/3 cup of water around the gyoza and place the lid on.
11. Cook until the water has completely evaporated (so the golden underside is not wet and soggy) and the wrapper is slightly translucent on top - about 3 to 4 minutes.
12. Use an egg flip to transfer onto a plate upside down i.e. golden side up.
13. Serve with Dipping Sauce*.

*Dipping Sauce – in class we offer three sauce options:

- Soy sauce
- Sweet chilli sauce
- Black Vinegar – this is a 50/50 mix of soy sauce and rice wine vinegar

Notes:

- Each table made half of this recipe in class.
- If you can't find any garlic chives (more authentic), you can use either normal chives or the green part of spring onions and 1 garlic clove. The flavour will be similar.
- Sesame oil can be substituted with other oil, if required.
- Gow Gee or Gyoza wrappers are white and round, as opposed to wonton wrappers which are yellow and square. Gyoza wrappers are available at some supermarkets in the refrigerator section alongside noodles and fresh pasta. They usually have 30 wrappers per packet.