



餃子 (Gyoza – Japanese Dumpling)

I still have fond memories of learning to make these tasty dumplings with my mum in the kitchen. The dumplings are very versatile – you can pan-fry, steam, boil, or deep-fry them, or simply add a couple to your noodle soup. These dumplings also freeze well. You can keep them in a ziplock bag once they are frozen.

Makes: 50 dumplings
Preparation Time: 40 minutes
Cooking Time: 5–7 minutes

Ingredients

1 packet of Gyoza wrappers (50 pieces)

Fillings:

400 g lean Pork / Chicken mince
1/2 bunch of flat chives, finely chopped
1/8 cabbage, finely chopped and sprinkled with salt to take moisture out
4 dried shiitake mushrooms, soaked in water and chopped finely
1 Tbsp grated fresh ginger
2 tsp Soy Sauce
2 tsp Sesame oil
Salt

Dipping Sauce:

2 Tbsp Soy sauce
2 Tbsp rice vinegar
La-yu (chili oil) – optional

Method:

1. Prepare the cabbage first. Dice the cabbage finely and sprinkle a teaspoon of salt over and give it a bit of massage. Leave it for 10–15 minutes. After that, squeeze the cabbage with your hands to remove any moisture.
2. In a medium sized bowl combine mince, flat chives, cabbage, shiitake mushroom, ginger, soy sauce, sesame oil and salt and mix well with your hands.
3. Dry your hands. Place a Gyoza wrapper on one hand and put a teaspoonful of the mix in the center of the wrapper (please make sure your hands are completely dry otherwise the wrap will stick to your hands)
4. Brush the top half of the edge of the gyoza wrapper with cold water
5. Make a semicircle by folding the wrapper with contents in half (but don't close just yet). Using your fingers, pinch the open sides of the wrapper together and seal the top.
6. Place a large frying pan over medium–high heat, add two teaspoon of sesame seed oil and place gyoza dumplings.
7. Add 100ml water / mushroom stock to cover the bottom of the pan, cover with lid and cook on medium heat for about 6–7 minutes or until dumplings are translucent, cooked and no liquid left in the pan. Take the lid off and wait for 30 sec for the bottom to go crunchy.
8. Serve with dipping sauce whilst hot!