

Vegetable Gyoza

Recipe source: modified from SAKGP Vegetable Gyoza

Fresh from the garden Cabbage, Greens (such as broccolini, silverbeet), celery, potatoes, green onions, chives, garlic, coriander

| <u>Equipment</u> | <u>Ingredients</u> |
|---------------------------|---|
| Large bowls and colander | For the gyoza: |
| Small bowls | 2 large potatoes (about 500g), peeled and diced and steamed |
| Measuring spoons and cups | 1/2 cabbage, finely chopped |
| Measuring jugs | 2 cups of greens finely chopped |
| Chopping boards | 1 onion, peeled and finely chopped |
| Vegetable knife | 2 celery stalks, finely chopped |
| Scissors | 2 tbsp cornflour |
| Food processor (if using) | 2 tbsp soy sauce |
| Large mixing bowls | 1 tbsp sesame oil |
| Large saucepan | 2 tsp salt |
| Large fry pans with lid | 1 tsp sugar |
| Wooden spoon, Spatulas | ½ tsp white pepper |
| Large serving spoons | 2 packets gyoza wrappers |
| Serving platters | 4 tbsp sunflower oil |
| | For the gyoza sauce: |
| | 2 tbsp sugar |
| | 4 tbsp malt vinegar |
| | 2 long red chilli, de-seeded and chopped (if using) |
| | 2 garlic cloves, peeled and finely chopped |
| | salt, to taste |
| | 1 ½ cups light soy sauce |
| | 4 tsp sesame oil |
| | coriander leaves, chives and garlic |
| | chives to serve |

What to do

Make the Gyoza filling

Bring a saucepan of salted water to the boil. Add the peeled and chopped potato and cook for 8-10 minutes, until very tender.

Drain the potato and place in a bowl, then roughly mash with a fork.

Finely chop 1/2 cabbage.

Finely 2 cups of greens such as silverbeet and broccolini.

Peel and finely chop 1 onion.

Finely chop 2 celery stalks.

Add the chopped vegetables to the food processor and 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 mashed potato, and 2 tbsp cornflour, 2 tbsp soy sauce, 1 tbsp sesame oil, 2 tsp salt, 1 tsp sugar and ½ tsp white pepper. Mix well.

Make the Gyoza

Fill a small bowl with water for wetting the edges of the Gyoza wrappers.

Keep the wrappers covered with a damp tea towel or in their original packaging while you work, as they dry out quickly.

Place a teaspoon of the filling in the centre of each gyoza skin.

Moisten one edge with water, then fold the opposite edge over and press down to seal the gyoza into a neat crescent. Have a go at pleating the edge of the Gyoza to seal firmly. (Or use a Gyoza maker if you have one.)

Heat the frying pan over medium heat, then add 4tbsp of sunflower oil.

Place some of the gyoza 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 2 tablespoon of water and immediately cover the pan with the lid.

Cook for two minutes, remove from heat and rest in pan for one more minute.

Use tongs to remove gyoza onto platters.

Repeat with remaining gyoza until all are cooked.

Make the Gyoza Sauce

Place 2 tbsp sugar and 4 tbsp malt vinegar in the small pot over a low heat and stir until sugar is dissolved.

Chop and de-seed 2 long red chillies (if using) and add to the saucepan.

Peel and finely chop 2 garlic cloves and add to saucepan, add 1tsp salt

Add 1 ½ cups light soy sauce and 4 tsp sesame oil.

Mix well and allow to cool before serving. Spoon into small bowls.

To serve

Transfer the gyoza to a serving platter. Scatter with coriander leaves, chives and garlic chives. Serve with Gyoza Sauce

ENJOY!