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| **Vegetable Gyoza Dumplings** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** |  |

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| **Equipment** | **Ingredients** |

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| * Measuring cups and spoons * Stove top frying pan * Electric frying pan with lid * Wooden spoon * Non slip mat * Chopping board * 2x cooks knives * Spatula * Vegetable peeler * Grater * Stand mixer * Small mixing bowl , for sauce * Rolling pins * Damp tea towel * Tray * Whisk | **Filling**   * 1 leek, thinly sliced * ¼ cabbage, shredded * 1 red capsicum, diced * 1 carrot, grated * 2 cloves garlic, crushed * 6 mushrooms, diced * Handful of coriander, finely chopped * 1 small onions, finely diced * 1 tablespoon olive oil   **Sauce**   * ½ cup sweet chili sauce * ½ cup Ketchup Menais * 2 tablespoons sesame seeds   **Dough**   * 3 & 1/3 cups of plain flour * 1 cup water |

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| **What to do** |

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| Fil**ling**   1. Wash leek to remove dirt and thinly slice in rings. 2. Peel and grate carrot, shred cabbage, finely dice mushrooms, capsicum and onion and crush garlic. Finely chop coriander. 3. Heat oil in a frying pan, add leek, onions and garlic , cook until transparent. 4. Add all other ingredients **except coriander** and gently cook until combined . 5. Place filling into prepared dumpling dough.   **Sauce**   1. Using a whisk combine both sauces together.   **Dough**   1. Put the flour in bowl of stand mixer, gradually add the water to the flour and using a dough hook to knead. This will take 5-8 minutes. Cover with a damp cloth and let dough rest for an hour. 2. Dust bench lightly with corn flour. Divide dough into 3 even sized pieces. Using a rolling pin roll dough out to a large rectangle about 1mm thick. 3. Using dumpling cutter cut into rounds. Gently lift rounds and set aside, ensure each round is dusted with corn flour to prevent sticking together.   **To assemble dumplings**   1. place dumpling round into press , place a small amount of mixture on one side of press. Wipe the edge with a little water and close press to seal. 2. Set aside on a tray covered with a damp tea towel to prevent drying out. Repeat process until all dumplings are made.   Cooking dumplings   1. Heat small amount of oil in frying pan. When hot add dumplings, avoid them touching. 2. Cook for approximately 5 mins until brown and crispy on one side. Add ½ cup water to pan, place lid on frying pan. 3. Leave to cook in the steam until water has evaporated, around 5 minutes. 4. Remove dumplings and garnish with a sprinkle of sesame seeds. 5. Enjoy with prepared dipping sauce |

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| **Bottom Drawer** | *Did you know?* Gyozas are made of a thin sheet of wheat flour with a finely textured filling made of vegetables or meat that can be boiled, steamed, or fried. Their origin stems from China with the invention of Jiaozi. In fact, gyoza is the Japanese pronunciation of jiaozi! |