

# Vegetable Gyoza

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6–8 at home

**Fresh from the garden:** cabbage, carrots, celery, chilli, garlic, onions

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.

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  
food processor (optional)  
clean tea towel  
chopping board  
cook's knife  
large bowl  
large frying pan and lid  
2 wooden spoons  
tongs  
small pot  
serving platters and bowls

## Ingredients:

### For the gyozas:

¼ white cabbage, finely chopped  
1 small carrot, grated and julienned  
½ onion, finely chopped  
1 celery stalk, finely chopped  
250 g canned water chestnuts, drained  
1 tbsp cornflour  
1 tbsp soy sauce  
½ tbsp sesame oil  
1 tsp salt  
½ tsp sugar  
¼ tsp white pepper  
1 packet gyoza wrappers  
2 tbsp sunflower oil

### For the gyoza sauce:

1 tbsp sugar  
2 tbsp malt vinegar  
1 long red chilli, deseeded and chopped  
1 garlic clove, finely chopped  
salt  
¾ cup light soy sauce  
2 tsp sesame oil



### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. If using the food processor to finely chop the ingredients, use a clean towel to gently squeeze the mixture to remove excess moisture.
3. Transfer vegetable mixture to a large bowl and mix in the remaining ingredients.
4. 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.
5. Heat a large frying pan over medium heat until hot, then add 1 teaspoon of sunflower oil. Place some 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.
6. Add 1 tablespoon of water and immediately cover the pan with the lid.
7. Cook for two minutes, remove from heat and rest in pan for one more minute.
8. Repeat with remaining gyoza until all are cooked.
9. To make the gyoza sauce, place the sugar and vinegar in a small pot over a low heat and stir until sugar is dissolved. Combine all of the ingredients together, mix well and allow to cool before serving.
10. Serve the gyozas with the sauce.

