

Vegetable Pot Stickers (Gyoza) with Sesame-Ginger Dipping Sauce

Round dumpling wrappers are preferred for this recipe, so that you can make the familiar pleats of a classic pot sticker or Japanese gyoza. Pot Stickers are traditionally cooked in a pan with oil and then water to add steam. Alternatively, you can cook them in bamboo steamers without adding oil, but you should at least coat the bamboo steamer with a light brush of oil to prevent them from sticking. Of course, that's why they are called Pot Stickers. You might expect them to stick to something!

Filling

3 cups shredded Napa Cabbage
½ cup mushrooms, small dice, prefer shitake
½ cup shredded carrot
3 green onions, mnced (white and light green part)
1 clove garlic, minced
1 Tbs grated gingerroot
1 tsp sesame oil
1 tsp sesame seeds
1 Tbs cornstarch

30 round wonton or gyoza wrappers.
1 tsp canola oil for oiling plate
1 Tbs canola oil for skillet (optional)

Sesame-Ginger Dipping Sauce

2 Tbs soy sauce
1 Tbs dijon mustard
1 Tbs honey
¼ tsp sesame oil
½ tsp grated gingerroot

- 1 First shred cabbage and toss in bowl with ½ tsp. salt. Set aside for 15 minutes to draw excess moisture from the cabbage. Prep remaining veggies -mushrooms, carrot, green onion, garlic, gingerroot. Everything should be small so the mixture is pliable. Squeeze cabbage and drain out moisture. Then combine all ingredients in a bowl. Give a mix and set aside.
- 2 Line up wonton wrappers on a counter or cutting board. Spoon 1 teaspoon of filling into center of each wrapper. With a brush, moisten the edge of one half of the wonton skin. Pinch together the dumpling and begin to make pleats along the moistened side of the wrapper. Once filling is enclosed, set dumpling on an oiled plate, so it does not stick.
- 3 Make Dipping Sauce. In a small bowl, mix together all ingredients for dipping sauce and set aside.
- 4 To cook the pot stickers, heat 1 Tbs canola oil in a skillet on high heat. Then add half the dumplings, making sure they do not touch each other. Cook until the surface turns a golden brown, then turn heat to low and add ¼ cup water and cover. Steam for about 5 minutes or until the pot stickers look translucent. Remove from pan and cover to keep warm. Repeat process with other half of dumplings..... OR brush a bamboo steamer with oil. Line up dumplings in the steamer so they do not touch. Steam for 10 minutes or until the pot stickers look translucent. Serve with the dipping sauce.

Servings: 30

Nutrition Facts

Nutrition (per serving): 38 calories, 9 calories from fat, 1g total fat, <1mg cholesterol, 94.9mg sodium, 32.7mg potassium, 6.2g carbohydrates, <1g fiber, <1g sugar, 1.1g protein.

Source

Author: Patricia K. Rose, February 2014

