



# Vegetable Gyoza

## INGREDIENTS

### Gyoza Filling

- 180g Chinese cabbage
- 150g onion
- 1/3 bunch Chinese chives
- 2 green shallots
- 3 shiitake mushrooms
- 2 garlic cloves minced
- 20g ginger minced
- 15g sesame oil
- 5g soy sauce
- 2g sugar
- 2g salt
- 2 tsp potato starch
- 30 pieces gyoza skin

### Cooking:

- 4g plain flour
- 150g water

### Garnish

- Soy sauce
- Black vinegar
- Chopped chilli to taste



Serves: 2 as a main (4 as an entree)



Prep Time: 30 min



Cooking Time: 10 min

## METHOD

1. Chop the cabbage finely and add to a bowl with salt so it extracts extra moisture.
2. Finely slice the onion, Chinese chive, shallots and shiitake mushrooms. Squeeze the cabbage to remove excess water then mix in the bowl with all the chopped herbs and onion.
3. Peel and grate the garlic and ginger onto the cabbage. Mix well and add to the mixture the sesame oil, soy sauce, sugar, salt and potato starch.
4. Combine well and keep refrigerated until ready to use.
5. Take your gyoza skins and add 1 tablespoon of filling in the middle. Wet the sides with water and fold.
6. To cook, heat up a non-stick pan with vegetable oil on high heat. Mix the flour and hot water. Place the dumplings in the pan and pour in the flour mixture. Cover with a lid and cook for 4 minutes. Take the lid off and let it cook on medium heat until all the water is absorbed.
7. Serve with soy sauce, black vinegar and chopped chili to taste.

**Tips:** You can use dried shiitake mushrooms. You will need to rehydrate them by soaking them in water for 10 minutes or until softened and squeeze the water out before using.

You can also replace the mushrooms with carrots or pumpkin chopped finely. Uncooked dumplings can keep in the fridge for up to 3 days, or uncooked dumplings can keep in the freezer for up to 3 months.



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