



# Vegetable Gyoza

**Season:** All

**Serves:** 30 tastes in 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  
clean tea towel, plus one extra if  
using the food processor  
chopping board  
cook’s knife  
food processor (optional)  
large bowl  
2 wooden spoons  
teaspoon  
large frying pan with lid  
tongs  
small pot  
serving platters and sauce bowls

## Ingredients:

### For the gyoza:

¼ white cabbage, finely chopped  
1 small carrot, grated or julienned  
½ onion, peeled and 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, de-seeded and chopped  
1 garlic clove, peeled and finely chopped  
salt, to taste  
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 the large bowl and mix in the water chestnuts, cornflour, soy sauce, sesame oil, salt, sugar and white pepper.
4. 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.
5. Heat the frying pan over medium heat, 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 the 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 gyoza with the sauce in small bowls.

