

Vegetarian Gyoza

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 3 teaspoons soy sauce
- ¼ teaspoon caster sugar
- ½ teaspoon cornflour
- rice bran oil
- 1 garlic clove, finely chopped
- 2 teaspoons fresh ginger, grated
- 1 spring onion, finely chopped
- 150g cabbage, finely chopped
- 1 carrot, grated
- ½ teaspoon sesame oil
- 12 gyoza wrappers
- soy sauce to serve

Equipment:

- chopping board
- knife
- grater
- metric measuring spoons
- scales
- frying pan
- electric frying pan with lid

Method:

1. Combine the soy sauce, sugar and cornflour and set aside.
2. Heat 2 teaspoons of rice bran oil in a frying pan and add the ginger, garlic and spring onion.
3. Stir fry for a minute or two, then add cabbage and carrot. Cook till softened.
4. Then add soy sauce, remove from heat and allow to cool.
5. Stir through sesame oil.
6. Place a gyoza wrapper on the bench and place 2 teaspoons of cabbage mixture into the centre of the wrapper.
7. Use a finger to rub water around the edge of the wrapper and press sides together to seal.
8. Continue doing this till all mixture is used up.

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9. Heat a little rice bran oil in the electric frying pan over high heat.
Cook the dumplings for 2 minutes without moving them.
10. Pour 60ml of water into the pan and quickly cover with a lid. Cook for a further minute, giving the frying pan a shake to make sure they don't stick to the pan.
11. The water should be evaporated and the gyoza cooked.
12. Serve with soy sauce.