

Vegetable gyoza

Cutting technique – ‘rock and chop’

Ingredients

cabbage – cut finely then rock and chop

chives

carrot

mushrooms

chilli

ginger

½ teaspoon salt

1 tablespoon of oil for frying

1 tablespoon soy sauce

All ingredients need to cut very small to fit into the gyoza wrappers

What to do

1. Chop or dice ingredients into smaller portions then rock and chop until very fine.
2. Place into a bowl, add salt, soy sauce and cornflour. Mix well.
3. To shape, hold the wrapper in the palm of your hand.
4. Wet around the outside of the wrapper then fold in half.
5. Make pleats, then pinch to seal.
6. Heat up frypan and add 1 tablespoon of oil. Have a lid ready.
7. Place gyozas around the frypan and shallow-fry one side on medium heat until crisp (2-4 minutes). **DO NOT TURN OVER.**
8. Add 1/3 of cup of water and immediately place a lid and steam for a further 2 minutes or until water has evaporated.

