**Vegetable Gyoza**

*Fresh from the garden:* cabbage, carrots, celery, onions  
*Recipe Source:* Stephanie Alexander Kitchen Garden Foundation

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 – after a bit of practice! Gyoza or ‘goy gee’ wrappers are round and white rather than yellow like won ton wrappers, and can be found in most supermarkets.

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**Ingredients:**
- 250 g canned water chestnuts, drained
- ¼ white cabbage
- 1 small carrot
- ½ onion
- 1 celery stalk
- 25 g cornflour
- 1 tablespoon soy sauce
- ¼ tablespoon sesame oil
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon white pepper
- 1 packet gyoza wrappers
- 2 tablespoons olive oil
- gyoza sauce, for serving (see recipe below)

**Equipment:**
- metric measuring cups and spoons
- clean tea towel
- chopping board
- kitchen knife
- food processor (optional)
- large bowl
- large frying pan and lid
- wooden spoon
- tongs
- serving platter

**What to do:**
- Finely chop the water chestnuts, cabbage, carrot, celery and onion. Or use a food processor to grate them finely.
- If using the food processor to finely chop the ingredients, use a clean towel to gently squeeze the mixture to remove excess moisture.
- Transfer vegetable mixture to a large bowl and mix in the remaining ingredients.
- Place a teaspoonful of the vegetable mixture in the centre of each gyoza skin. Moisten one edge with water, then fold over opposite edge and press down to seal the gyoza into a neat crescent.

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**Gyoza Sauce**

**Ingredients:**
- 1 tablespoon sugar
- 2 tablespoons malt vinegar
- 1 red chilli
- 1 garlic clove
- salt
- ¼ cup light soy sauce
- 2 teaspoons sesame oil

**Equipment:**
- metric measuring cups and spoons
- small pot
- wooden spoon
- clean tea towel
- kitchen knife
- serving bowl

**What to do:**
- Place the sugar and vinegar in a small pot over a low heat and stir until sugar is dissolved.
- Finely chop the garlic and chilli together with a sprinkling of salt until it forms a mash.
- Combine all the ingredients together, mix well and allow to cool before serving.

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**Vegetable Gyoza continued**

- Heat a large frying pan over medium heat until hot, then add ½ teaspoon of olive oil. Place 6 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.
- Add 1 tablespoon of water and immediately cover the pan with the lid.
- Cook each gyoza for one minute, remove from heat and rest in pan for one more minute.
- Repeat with remaining gyoza until all are cooked.
- Serve with gyoza sauce.