

Date: _____ Period: _____ Name: _____

POTSTICKERS

Yield: 24 Dumplings
Unit Recipe

INGREDIENTS:

750mL Finely Shredded Napa Cabbage	10mL Soy Sauce
15mL Salt	10mL Rice Wine
200g Ground Pork	2mL Sugar
30mL Fresh Ginger (finely minced)	15mL Sesame Oil
1 Stalk Scallion (finely sliced)	24 Potsticker Wrappers
30mL Vegetable Oil	Soy Vinegar Dip (optional)



DIRECTIONS:

FILLING:

1. In a large bowl, toss the napa cabbage with salt and let stand for 30 minutes until wilted. Rinse the cabbage, then squeeze out as much water as possible. You should have 500mL of cabbage.
2. In a medium bowl, mix pork, scallion, ginger, soy sauce, rice wine, sugar and sesame oil. Use hands to mix well, add cabbage. If time permits, then refrigerate filling for 20 minutes.

WRAPPING:

1. Scoop about 15mL of filling into the center of a piece of dough paper. Dip a finger in water and run it around the inside edge of the circle. *If using wonton wrappers, cut into circles. Keep wrappers covered with a damp cloth to prevent drying out.
2. Make a pleat along the edge 0.5cm by 1cm long. Make 3 more pleats alongside the first pleat.
3. Press the unpleated edge to the pleated edge to enclose the filling inside the dough. Pinch together to form a seal.
4. Repeat with the remaining dough and filling until all filling is used. Set the finished potstickers on a well-floured baking sheet.

PAN FRYING:

1. Add oil and heat skillet. When it is almost smoking, arrange all the potstickers in the skillet as close to one another as possible **without** touching.
2. Pan-fry for 2-3 minutes over medium heat, checking frequently to make sure the bottoms are not burning. Reduce heat if they brown too quickly.
3. Gradually pour 200-250ml of water into the skillet, water may spatter – be careful!
4. Cover and turn to low heat. Simmer for 5-6 minutes, or until most of the water has evaporated.
5. Uncover, raise the heat to medium high, cook for another 2-3 minutes longer or until all the water has evaporated, and the bottoms of the potstickers are brown and crispy.
6. Transfer the potstickers browned side up, to a serving plate
7. Serve with hot *soy vinegar dip*.

SOY VINEGAR DIP (Optional)

Yield: 60mL

Potstickers are traditionally accompanied by small dishes of this dip. The tang of sweetened vinegar offsets the crisp crust of a potsticker wrapper and richness of the pork filing.

INGREDIENTS:

30mL Soy Sauce	5mL Sugar
15mL Rice Vinegar	15mL Water

DIRECTIONS:

1. In a small saucepan, combine soy sauce, vinegar, sugar and water.
2. Heat over low heat for 1-2 minutes, until sugar has dissolved.
3. Remove the sauce from the heat, spoon it into small dishes for dipping.
4. The sauce may be covered and refrigerated for up to 2 weeks.

