KIKKOMAN

Lightly fried gyoza with 3 sauces

Total time **60 mins** **60 mins** preparation time

Nutritional facts (per portion):
1,464 kJ / 349 kcal

Fat: **16 g** Protein: **11.6 g**
Carbohydrates: **38.4 g**

INGREDIENTS

4 portion(s)

1	pack of 30 gyoza skins (ready-made)
For the filling:	
2	spring onions
1	small garlic clove
5 g	ginger
200 g	pointed cabbage (or Chinese cabbage)
160 g	minced pork or poultry
1 tsp	sugar
	salt and a small amount of white pepper
3 tsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	sesame oil
	some flour for dusting the gyoza, plus approx. 3 tbsp. for the flour and water mixture
6 tbsp	vegetable oil (to fry approx. 10 dumplings: 2 tbsp.)

PREPARATION

Step 1

To make the filling, trim and wash the spring onions. Peel the garlic and ginger and chop them with the spring onions.

Step 2

Wash the pointed cabbage, chop coarsely, sprinkle with 1 tsp. salt and squeeze well. Wrap the chopped cabbage in a tea towel and squeeze firmly to remove the liquid from the cabbage.

Step 3

Combine the spring onions, garlic, ginger, pointed cabbage, minced meat, sugar, salt, pepper, soy sauce and sesame oil.

Step 4

Place approx. 15 g of filling at the centre of each gyoza skin. Using your fingertip, wet half of the edge of each gyoza skin with a little water. Fold the skin over so that the filling is covered, then firmly press the edges together to create a pleated effect.

Step 5

Before frying the gyoza, lightly dust the undersides with flour.

Step 6

Heat 1 tbsp. of oil in a frying pan (Ø 28 cm). Carefully arrange the gyoza in two rows of five in the pan and fry. When the underside of the gyoza is lightly browned, mix 100 ml water with 1 tbsp. flour, add to the pan and cover and simmer the gyoza at medium to high heat for about 3 ½ minutes.

Step 7

Once the water has evaporated, add 1 tsp. oil to the pan and continue to cook the gyoza until they are golden brown and crunchy on the underside. Repeat the process with the remaining gyoza.

Step 8

Arrange the gyoza golden side up on plates and serve with the dipping sauces.