

Vegetarian Gyoza Dough Dumplings

75–90 Min

Ingredients 4 Portions

= Kotányi Produkte

For the dough

240 g	Flour
150 ml	Water, boiling hot
0.5 tsp.	Sea Salt, Coarse
	Cornstarch

For the filling

3 pcs.	Garlic cloves, thinly sliced
300 g	Chinese cabbage, finely chopped
150 g	Carrots, grated
120 g	Zucchini, grated
50 g	Bell pepper, red, finely diced
2 tbsp.	Soy sauce
2 tbsp.	Asian Herbs
1 tsp.	Ginger, Ground
1 pinch	Sea Salt, Coarse
1 pinch	Pepper Rainbow, Whole

Preparation

1. First prepare the dough for the gyoza. To do this, mix the salt with hot water. Now add it to the flour in a food processor and allow it to be kneaded for 10 minutes until the dough is malleable. Divide the dough into 2 rolls and chill for 30 minutes. It's best if you wrap the dough in plastic wrap.
2. Sprinkle your work surface with cornstarch and roll the dough out thinly. It should not be thicker than 2 mm. Cut out circles of around 8 cm in diameter. Use a glass if you do not have a cutter.
3. Now sprinkle the dough circles with cornstarch again so that they do not stick together when stacked. Now put the dough circles to one side.
4. Now heat some oil in a pan and sauté the finely sliced garlic. Add bell pepper, zucchini, carrots and Chinese cabbage. Stir in the ground ginger.
5. Season to taste with soy sauce, salt, pepper and Kotányi Asian Herb Seasoning Mix.
6. Now make the dumplings. To do this, place 2 teaspoons of the chilled filling into the middle of each dough circle. Dip your finger into a glass filled with water and then use it to moisten the edge of the dough.
7. Then fold the dumplings and press the edges together. Place onto a plate. Place a damp tea towel over the dumplings so that they do not dry out.
8. Bring a large pan of salted water to a boil. Place the steamer over it and reduce the heat. Now place the gyoza in the steamer and steam for around 8–10 minutes.
9. Then fry the gyoza on one side in a pan with some oil so that they go crispy. Once ready, you can enjoy the gyoza with a variety of different sauces.