



Vegetarian Gyoza Dough Dumplings

🕒 75–90 Min   

Preparation

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

- 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.

