**Vegetable Gyozas**

**Serves:** 50

**Fresh from the garden:** cauliflower, Bok Choy, carrot

**Notes:** The filling is being pre-made for you by the previous group to allow time to cool before shaping.

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| **Equipment:**Chopping boardsKnivesFood processorGarlic crusherMini graterMeasuring cups and spoonsSpatula2 mixing bowlsSmall colanderFrying panWooden spoonSmall ceramic bowlDumpling shapers (optional)3 x small jugs for sauceBaking tray lined with baking paperTongsServing platters | **Ingredients:****Filling:**25g dried Asian mushrooms4 spring onions2 cloves garlic1 teaspoon freshly grated ginger1 tablespoon vegetable oil¼ small cauliflower1 large carrot2 cups finely chopped Bok Choy½ teaspoon cooking salt¼ teaspoon sugar2 teaspoons soy sauce2 teaspoons corn flour150g firm tofu**Gyozas:**1 teaspoon corn flour for tray50 round gyoza wrappers 3 tablespoons vegetable oil for cooking**Dipping sauce:**Soy sauceRice wine vinegar |

**Please turn over for preparation and cooking instructions.**

**What to do:**

1. Place mushrooms in a bowl and cover with boiling water. Allow to sit for 30 minutes to rehydrate. Drain, squeeze out excess water then chop finely in the food processor.
2. Finely slice spring onions, grate ginger and crush garlic. Heat oil in frying pan over a medium heat then add spring onions, garlic and ginger and cook for 1-2 minutes.
3. Finely process cauliflower, carrot and bok choy in separate batches. Add the carrot and cauliflower, cook for 2 minutes, then add the bok choy and mushrooms. Cook for 1 minute then add the salt, sugar, soy sauce and corn flour and mix until well combined and any excess moisture has evaporated.
4. Finely chop tofu with a knife then add to the vegetable mixture. Set aside until cool.
5. Sprinkle a baking tray with 1 teaspoon of corn flour. Place 1 gyoza wrapper on your palm (left hand for right-handed people). Dip your finger in water and run it around the edge of half the gyoza wrapper (to seal).
6. Place 1 heaped teaspoon of Filling on the wrapper. Fold wrapper over and use your right hand assisted by your left hand thumb to create 4 pleats. Press to seal and place on the tray. Alternatively, use a dumpling shaper. Repeat with remaining wrappers.
7. **Cooking:**
8. Heat 1 tablespoon oil in a large frying pan (that has a lid) over medium high heat.
9. Place gyozas into the pan to fill the base (12-15 depending on size of pan). Cook until the underside is light golden, then pour 1/3 cup of water around the gyoza and place the lid on.
10. Cook until the water has completely evaporated (so the golden underside is not wet and soggy) and the wrapper is slightly translucent on top – about 3 to 4 minutes.
11. Use tongs to transfer gyozas on to a tray lined with baking paper and keep warm in the oven until ready to serve.
12. Repeat until all the remaining gyozas have been cooked.
13. Place gyozas upside down i.e. golden side up onto serving platters and serve with Dipping Sauce.
14. **Dipping sauce:** Mix equal quantities (2 tablespoons) of rice wine vinegar and soy sauce and place into 3 small jugs to serve.