

Ingredients needed for: ____/_____/____ Name:

PRAWN GYOZA (JAPANESE DUMPLINGS)

Ingredients

200g cooked prawns
50g cabbage
1 spring onion
1 tsp sesame oil
1 tbsp soy sauce
1/2cm piece fresh ginger
1 garlic clove
15 gyoza/spring roll wrappers (should be available in frozen aisle of the supermarket)
1 tbsp vegetable oil (for cooking)
100ml water

Or vegetarian alternative, such as diced firm tofu, or other firm vegetables such as carrot/pepper etc

Equipment

Frying pan and lid
Chopping board and knife
Mixing bowl
Teaspoon
Tablespoon
Fine grater/microplane
Small bowl

Method

1. Chop the prawns and vegetables as finely as possible – use the fine grater to grate the garlic and ginger.
2. Mix the prawns, cabbage, spring onion, sesame oil, soy, ginger and garlic together in a bowl.
3. To assemble the dumplings, hold a gyoza wrapper in the palm of your hand and add one teaspoon of the filling mixture. Wet the edges with a little water and seal the dumpling, pinching along the edges to create a fan shape. Repeat the process until all of the filling mixture has been used up (there should be enough for about 15 dumplings).
4. Heat the oil in a large, lidded frying pan and fry the dumplings for 1-2 minutes, or until crisp. (Do this in batches if necessary.)
5. Carefully pour in the water. (Caution: the water may spit when added to the hot oil.)
6. Reduce the heat, cover the pan with a lid and continue to cook the dumplings for 5-6 minutes, or until soft and easy to remove from the pan.

These are delicious served with a dipping sauce made from soy sauce, vinegar and sesame oil.