**Potstickers**

**Ingredients:**

250mL Napa cabbage, finely minced

15mL Sesame oil

7mL Rice vinegar

200g Lean ground pork

Pre-made dumpling skins

7mL Gingerroot, minced

3mL Garlic, mined

15mL Soy sauce

5mL Cornstarch

**Day 1:**

Method:

1. Finely mince the cabbage. Add the ground meat, and all the seasonings.
2. Stir meat mixture thoroughly with a wooden spoon, if the mixture is not sticking together, add another 2mL cornstarch.
3. Place a heaping 5mL of filling in the center of each dumpling skin. Spread a little water along the inside edge of the skin. Form pleats with your thumb (be sure to push out all the air), pinch to seal. **See diagram.**
4. Place the sealed dumplings onto a baking sheet with parchment paper.



**Day 2:**

Ingredients:

25 mL Oil 50 mL hot water

To cook dumplings:

1. Preheat a large frying pan on medium/high heat.
2. Add 25mL of oil to pan and heat until very hot. Arrange the dumplings, pleated side up, to line the bottom of the pan.
3. Fry the dumplings until their bottoms are golden brown.
4. Add 50mL hot water to the pan and cover. Reduce heat to low and cook for about 5 minutes. Uncover and increase heat to medium high. Continue frying until the bottoms are crisp (NOT burnt!) (~2 minutes). If you wish to crisp all sides, use tongs or a pair of chopsticks to turn dumplings as it is frying the second time.

Dipping Sauce Ingredients:

30ml soy sauce

15ml rice vinegar

10ml sesame oil

A pinch of crushed dried red pepper flakes

Method:

1. Measure and mix all ingredients into a custard cup.



