

Pot Stickers

Yields approximately 24.

Ingredients

Dumpling

- 24 square wonton wraps
- 4 ounces ground meat/
shrimp
- 2 T water chestnuts,
minced
- 1 egg white
- 1 t fresh ginger, peeled and
minced
- 2 T fresh cilantro, minced
- 1 green onion, minced
- 1 garlic clove, minced
- 1 T reduced sodium tamari
- 1 t sesame oil
- cooking spray for baking
method (we used grapeseed
and avocado) vegetable/
peanut oil for frying

Dressing

- 3 T tamari or soy sauce
- 1 T seasoned rice wine
vinegar
- 1/2 t sesame oil
- 1/2 t white sesame seeds
- garnish with chopped
green onion

Equipment

- cutting board
- dampened paper towels or
tea towel
- chef knife
- measuring spoons
- medium bowl
- small bowl
- whisk
- wooden/silicon spoon
- fry pan with lid
- half sheet pan
- spatula or tongs

Directions

For Dumplings - combine ground meat through sesame oil. Mix thoroughly. To fill wonton, place up to one teaspoon of mixture in middle of wonton. Wet edges with water and fold top point to meet bottom point. Press firmly around filling, keeping a mounded shape, to make sure air is removed and seal is tight. To bake, place wontons on prepared cookie sheet. Spray with cooking oil. Bake in a preheated 375° oven 5-8 minutes until golden and crisp. When working with wontons, remember to keep them covered with damp paper towels or a damp tea towel to keep them from drying out. These can be made a day ahead through the cooking point and reheated in 350° oven. To fry, place a teaspoon or so of oil in a fry pan that has a lid over medium high heat. Cook pot stickers approximately one minute until golden on one side. Pour a few T of water into pan, cover and steam finish.

For Dipping Sauce - whisk tamari, vinegar, and sesame oil together in a small bowl. Garnish with sesame seeds and green onions.

Greystone