

Pot Stickers

For Pho Soup

Type: Main/Entree

Serves: 24 Tastes

Cooks Note: filling can be prepared ahead of time, store in a sealed container in the refrigerator until ready to use

Fresh from the garden: Bok Choy, Cabbage

EQUIPMENT:	INGREDIENTS:
Knife Chopping Board Tea Towel Cup Measures Wok Pastry Brush Large Red Bowl Small Red Dish	<ul style="list-style-type: none">• 5-6 Bok choy leaves• 1/4 cup Sui Choy (Napa cabbage)• 3 spring onions• 1/4 cup water chestnuts• 100g pork mince• 1 teaspoon light soy sauce• 1 teaspoon dark soy sauce• 2 teaspoons Chinese rice wine• 1 teaspoon Asian sesame oil• Pinch white pepper• 1 package wonton wrappers (about 48 wrappers)• 1 tablespoon cornstarch mixed with 2 tablespoons water• Extra water in measure jug for cooking
TO SERVE:	

What to do:

Making the Filling

1. Set out the chopping board and knife. Dampen the tea towel and place it under the chopping board to prevent it from slipping. Using bear claw grip chop the following.
2. Wash, dry and finely chop enough bok choy leaves to fill a $\frac{1}{2}$ cup measure
3. Finely chop enough spring onions to fill $\frac{1}{4}$ cup measure
4. Finely chop water chestnuts to fill $\frac{1}{4}$ cup measure
5. Finely chop 1 cup cabbage
6. Combine all the ingredients in a large bowl
7. Use your fingers to mix everything together.
8. Wash hands very well after touching the meat mixture
9. Mixture is now ready to fill wonton wrapper or pot stickers

Pot Stickers (dumplings)

- Mix cornflour with water in small bowl
- Lay out a wonton wrapper on bench and fill with a heaped teaspoon of the filling. Add the filling in the middle of the potsticker wrapper, using your finger to spread it out toward the sides. Be sure not to overfill or to spread the filling too close to the edge of the wrapper.
- To fold the dumpling, use the pastry brush to paint the edges of the wrapper with the cornflour mixture (this makes it easier to seal).
- Gently lift the edges of the moistened wrapper over the filling.
- Crimp the edges of the wrapper together to form a little bag with filling inside and pinch together to seal. (Cover the remaining wrappers with a damp cloth to keep them from drying out while filling and folding the dumplings).

COOK

- Heat a wok or nonstick skillet on medium-high heat and add 1 tablespoon oil. Add 10 - 12 potstickers, and cook for 2 to 3 minutes, until the bottom is browned. Add 1/3 cup water, cover, and steam the dumplings until the liquid is absorbed (about 5 minutes). Remove and cook the remainder of the dumplings.

TO SERVE

Put 1 or 2 wontons in a small soup bowl and pour over pho soup adding garnishes that you would like from selection