



Noreen's Kitchen

Asian Potstickers

Ingredients

Pot Stickers

1 pound ground pork
1 package won ton wrappers
1 Teaspoon fresh grated ginger
2 cloves garlic, minced
1 green onion, chopped
1 Cup nappa cabbage, shredded thin
1/2 cup fresh mushrooms, finely chopped
1/2 teaspoon sesame oil
1 teaspoon soy sauce
1 teaspoon salt
1/2 teaspoon cornstarch
Water for sealing

Dipping Sauce

1/2 cup soy sauce
1/4 cup rice vinegar
1/4 cup sweet and sour sauce
1/2 cup water
2 tablespoons sugar
1/2 teaspoon sesame oil
1 clove garlic, minced
1 teaspoon grated fresh ginger
2 to 3 green onions chopped finely

Step by Step Instructions

Shred cabbage thinly and place in a bowl along with 1 teaspoon of salt. Toss with fingers and allow to sit for 10 minutes to render the water out of the cabbage. Squeeze water out of cabbage and roughly chop.

Mix together in a bowl, meat, cabbage, garlic, ginger, green onion, soy sauce, sesame oil, mushroom and corn starch. Combine with your hands until you have a nice mixture.

To form wontons: Take one wonton wrapper and place it down in front of you so that it looks like a diamond. Brush water on the edges of the top half of the diamond. Place 1/2 teaspoon of meat mixture in the center of the diamond. Fold over the wonton wrapper onto itself, making sure to push all the air out and sealing the wrapper onto the moistened half of itself. Fold the lower points into the center and moisten so they will stick together. Place on a cookie sheet and continue until you have made the desired amount.

To form potstickers : Take one wonton wrapper and cut with a large biscuit cutter or clean can so that you have a round wrapper. I used a 3 inch cutter and only had a little waste. With the circle in front of you, brush water on the top "half moon" of the wrapper. Place 1/2 teaspoon of meat mixture in the center. Fold the wrapper over onto itself while picking it up. Now you will want to hold and pleat a few times while sealing the dumpling. This takes some practice but eventually you will get the hang of it. You can make these without the pleats, but they may come undone during the steaming process.

When you have finished the pleat/seal, flatten the dumpling bottom on your counter so that they stand up like a little purse. Place the finished potstickers on a baking sheet until you have made the desired amount.

NOTE : At this point you may freeze the potstickers or wontons flat on the baking sheet until they are solid. Then remove them and place them in zip top bags for up to 6 months for whenever you desire them.

To Cook Wontons : You may deep fry these wontons in hot oil until crispy and eat them with sweet and sour sauce or you can pop them into some simmering chicken stock for about 10 minutes until the meat is cooked and enjoy a nice steaming bowl of wonton soup!

To Cook Potstickers : Heat 2 tablespoons of vegetable oil (not olive oil) in a non stick skillet over medium high heat. Place potstickers in the pan and allow to cook for approximately 2 minutes or until the bottoms are a nice golden brown. Now pour 1/2 cup of water in the pan and quickly place a lid on it. Leave to steam for 5 minutes to allow the meat to cook. Remove from the pan and enjoy your potstickers with a dipping sauce of your choice. This recipe made an entire package of 3 inch square potstickers/wontons. I think there were 40 skins in the package. I had lots more meat mixture left and I made it into tiny meatballs and put it in some wonton soup.

To Make Dipping Sauce : Combine all ingredients and whisk together. Allow to sit for 5 minutes so the flavors can meld. Enjoy with your potstickers.

Happy Eating!