



# JAPANESE DUMPLINGS PART 1

*Martina*

## INGREDIENTS

0 MINUTES 2 SERVINGS

For the filling:

- Half a carrot
- Small piece of ginger
- 200g ground beef
- 1/2 tsp sesame oil
- A pinch of sugar
- 1/2 tbsp oyster sauce
- 1/4 tsp chili powder (optional)
- 1/4 tsp salt
- 1/2 tsp pepper
- 1 clove garlic

For the dough (25 skins):

- 100ml BOILING water
- 150g flour
- 1 pakchoy
- 2 spring onions

## TAGS

#cuff





1

Measure 150 of flour and put it into a large mixing bowl.



2

Add 1/4 tsp. of salt into the bowl.



3

Slowly pour 100 ml. boiling water onto the flour.



4

I am stirring the dough with chopsticks, however, you can also use a fork or a knife. Continue stirring until the dough forms into a ball.



5

Once the dough is a ball you should knead it on a flat floured (just a little bit) surface. If the dough is too sticky add some flour, if the dough is too dry add some boiling water.



6

Here is a picture of the perfect dough in process!!!





7

Say cheese!!!!!! Once your dough is complete wrap it in plastic wrap and then put it in the fridge for 20-30 min. Congratulations, you finished your dough!!!



8

Cut off the white parts of the green onions and dice into very small pieces.



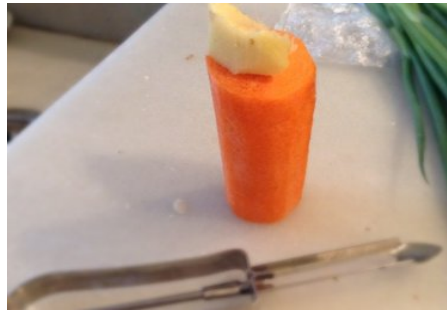
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Here you can see how small the pieces are.



10

Peel the ginger and finely chop it.



11

This is our creative food art!



12

Peel half a carrot





13

Peel and chop one head of garlic and put it into the bowl.



14

Once the carrot is peeled grate it.



15

Add the garlic and carrot, with the other ingredients, in a medium mixing bowl.



16

Take one piece of pak-choi (Chinese cabbage) and dice the white part. You can use a bit of the leaves, but not many. When you're finished add it to the bowl. Attention: don't throw out the leaves■■■■■ We will use them in part 2.



17

Chop up the ground (minced) beef and add to the bowl.



18

Add 1/4 tsp. of salt





19

Add 1/2 tsp. ground black pepper. If you want spicier gyoza you can also add 1/4 tsp. chili powder.



20

Add 1/2 tsp. sesame oil



21

Now add 1/2 tbsp. oyster sauce and a pinch of sugar. Once all the ingredients are in the bowl use your hands to combine everything. Put the filling in the fridge while you roll out the dough. Sorry for the inconvenience but the rest of the recipe will

