



## From the Kitchen of Executive Chef Jessica VanRoo



### Vegetarian Dumplings with Sesame Dipping Sauce

#### Description

Dumplings (aka potstickers) are indispensable for Lunar New Year celebrations in China. They are made in the shape of China's ancient money — gold ingots — and are eaten to ensure wealth and prosperity in the year ahead. This vegetarian version also promises good health! Cabbage, a key ingredient, adds fiber and keeps the calorie count low. It also offers an impressive volume of nutrients and antioxidants, including sulforaphane and kaempferol to help to reduce chronic inflammation, vitamin C to help boost your immune system and potassium to help regulate blood pressure. Shiitake, one of the most popular mushrooms worldwide, have a rich, savory taste. They also contain compounds that may help fight cancer, boost immunity and support heart health. Wood ear mushrooms add a delicate flavor and texture to these dumplings, but they also are high in soluble fiber, protein and omega fatty acids and antioxidants. If you are up for the challenge, try making your own gyoza wrappers. Your dumplings will taste fresher, the dough will be easier to fill plus you'll avoid preservatives. Using whole wheat wrappers boosts the nutritional value substantially — providing three times the fiber, iron and potassium found in white flour, and double the calcium!

\*Recipe serves 6. Total cost \$9.94/\$2.46 per serving. 300 calories per serving (about 8 dumplings).



## From the Kitchen of Executive Chef Jessica VanRoo

### Vegetarian Dumplings with Sesame Dipping Sauce

#### Ingredients

Dumplings:

- 1 package gyoza wrappers (about 50)
- 1 cup cabbage, finely minced
- 1 cup garlic chives, finely minced (optional)
- 6 fresh shitake mushrooms, stems removed, finely minced
- ¼ cup wood ear mushrooms, finely minced (optional)
- 4 oz baked bean curd, finely minced (or firm tofu, crumbled)
- 2 oz cellophane noodles, soaked and finely chopped (optional)
- ½ tablespoon soy sauce
- 1 tablespoon rice wine
- 1 teaspoon cracked black pepper
- Salt to taste
- ½ teaspoon sesame oil
- ⅓ cup water
- 1 tablespoon cornstarch

Sesame Dipping Sauce:

- ⅓ to ½ cup soy sauce
- 1 tablespoon rice wine
- 1 teaspoon sugar
- 2 teaspoons sesame oil, more to taste
- 1 teaspoon rice vinegar
- 2 tablespoons water
- 2 cloves garlic, finely minced
- ½ teaspoon grated ginger
- 2 tablespoons green onions, finely chopped
- 2 tablespoons cilantro, finely chopped (optional)
- Chili oil to taste (optional)



## From the Kitchen of Executive Chef Jessica VanRoo



### Vegetarian Dumplings with Sesame Dipping Sauce

Homemade Whole Wheat Gyoza Wrappers:

- 1 ½ cups all-purpose flour
- 1 cup whole wheat pastry flour
- 1 cup boiling water

#### **Instructions**

1. Toss minced cabbage and chives in colander, sprinkle with ½ tablespoon of salt and allow to stand for 20 minutes.
2. Place the cabbage and chive mixture in the middle of a large piece of cheesecloth and squeeze out as much liquid as possible.
3. Heat a medium skillet and add oil, mushrooms and bean curd. Stir fry about 30 seconds.
4. Turn off heat, add cellophane noodles, the cabbage and chive mixture and stir.
5. Add soy sauce, rice wine, black pepper, sesame oil and salt to taste.
6. Place 1 teaspoon of cooled filling mix in the center of each gyoza wrapper, lift and bring the edges together to create a half-moon shape.
7. Pinch edges together making about 5 pleats to create a sealed pouch.
8. Heat nonstick skillet, add ½ tablespoon of vegetable oil and place dumplings in a single layer in the pan.



## From the Kitchen of Executive Chef Jessica VanRoo



### Vegetarian Dumplings with Sesame Dipping Sauce

9. Fry 2 minutes or until bottoms are golden brown.
10. Pour  $\frac{1}{3}$  to  $\frac{1}{2}$  cup water, mixed with 1 tablespoon of cornstarch over the dumplings, cover, cook 6 to 7 minutes or until the water is absorbed.
11. Repeat with remaining dumplings.
12. Whisk all sauce ingredients together in a separate bowl and refrigerate until needed.
13. Homemade whole wheat gyoza wrappers
14. Place flour in large bowl, make a well in the center and slowly add boiling water, blending flour with a fork or chopsticks.
15. Cover bowl with plastic wrap or towel, let stand for 15 minutes.
16. Divide dough into 36 ball-shaped pieces, then use a rolling pin to flatten each ball into 4-inch diameter circles.
17. Wet the edges of each wrapper with cold water, place 1-2 teaspoons of filling in the center.
18. Lift edges, folding them together to form a half-moon shape. Pinch edges together to seal.