

Chinese New Year Snack Tales



Potstickers

Ingredients:

- * 2 cups Napa cabbage
- * 3/4 tspn. Kosher salt
- * 1/3 lb. ground chicken
- * 1 tbsp. minced ginger
- * 1 small carrot, grated
- * 2 scallions, sliced
- * 2 cloves minced garlic
- * 1 tbsp. soy sauce
- * 2 tspn. Sesame oil
- * 1 egg, beaten
- * Gyoza potsticker wrappers (find them in the Asian aisle)

1. Add salt to the cabbage in a bowl and let sit for 30 minutes to draw out the water. Squeeze dry with your hands or cloth and set out on a plate with other ingredients.
2. Prepare the vegetables and meat by mincing them. Combine cabbage, carrots, scallions, ginger, garlic and ground chicken in one bowl. In another bowl, whisk together the egg, soy sauce, and sesame oil. Combine the soy sauce mixture with the cabbage/chicken. Mix well and add a dash of salt.
3. On a cutting board lined with parchment paper, place one heaping spoon of the potsticker mixture on the center of each round gyoza wrapper. Have a small bowl of water and paint brush handy.
4. Paint the top half of each gyoza with the paintbrush dipped in some water. Fold the circle over so you have a semi-circle, pinch and make folds starting from one end to the next. This is not easy at first, but gets easier as you do it.
5. Heat 3 tablespoons of oil in frying pan over med-high heat. Lay the potstickers out in a circular fashion. Fry each side for 2-3 minutes. Add 1/4 cups of water at a time to let them steam up a bit and make sure they don't burn. Cook for another 4-5 minutes.
6. Enjoy plain or with a sauce made of soy sauce and sesame oil!

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Books to Read Along:

The Runaway Wok by Ying Chang Compestine
Bringing in the New Year by Grace Lin
The Day the Dragon Danced by Kay Hugaard

