

Japanese GYOZA (Dumplings)

My mother's traditional recipe for Gyoza, Japanese dumplings. You can get the gyoza wrappers at Woolworths and Coles! The best way to learn how to make these is to watch the RECIPE VIDEO below!



4.96 from 83 votes

Prep Time
25 mins

Cook Time
20 mins

Total Time
45 mins

Course: Appetizer, Side Cuisine: Japanese Servings: 40 - 45 pieces Calories: 72kcal

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Ingredients

Filling

- 1 1/2 cups green cabbage, very finely chopped
- 1 tsp salt, separated
- 1 lb / 500g ground pork (mince) (fattier the better)
- 1 cup garlic chives, finely chopped (Note 1)
- 1 garlic cloves, crushed
- 1 tsp ginger, grated
- 1 tsp sesame oil
- 1 tbsp cornstarch / corn flour
- 2 tsp soy sauce

Gyoza

- 1 tsp cornflour (cornstarch) - for tray
- 40 - 45 round wonton (gyoza) wrappers (Gow Gee wrappers) - 1 1/2 packets (Note 2)
- 3 tbsp vegetable oil (or other cooking oil)

Dipping Sauce

- Soy sauce
- Rice wine vinegar
- Chili oil (Rayu is Japanese chili oil)

Instructions

1. Combine cabbage and 1/2 tsp salt in a small bowl, then set aside for 20 minutes to allow the cabbage to wilt slightly.
2. Place remaining Filling ingredients (including remaining 1/2 tsp salt) in a large bowl. Squeeze out any excess water from the cabbage and add to the bowl.
3. Use your hands to mix the Filling.
4. Sprinkle a baking tray with 1 tsp of cornstarch / cornflour.
5. Place 1 gyoza wrapper on your palm (left hand for right-handed people). Dip your finger in water and run it around the edge of half the gyoza wrapper (to seal).
6. Place 1 slightly heaped tbsp of Filling on the wrapper. Fold wrapper over and use your right hand assisted by your left hand thumb to create 4 pleats. Press to seal and place on the tray. Repeat with remaining wrappers. (See [video](#) for demo)

To Cook

1. Heat 1 tbsp oil in a large skillet (that has a lid) over medium high heat.

- Place about 12 gyoza in rows, slightly overlapping each other. Cook until the underside is light golden, then pour 1/3 cup of water around the gyoza and place the lid on.
- Cook until the water has completely evaporated (so the golden underside is not wet and soggy) and the wrapper is slightly translucent on top - about 3 to 4 minutes. (See video)
- Use an egg flip to transfer onto a plate upside down i.e. golden side up.
- Serve with Dipping Sauce.

Dipping Sauce

- Serve each ingredient separately so people can mix according to their taste. I use about equal portions of soy sauce and vinegar with a generous splash of chili oil.

Notes

1. Garlic chives is the authentic way to make this but if you can't find any, you can use either normal chives or the green part of shallots/scallions + 1 garlic clove. The flavour is not exactly the same but it is pretty similar.

2. Round wonton wrappers are also referred to as Gow Gee and Gyoza wrappers. They are available at [Coles and Woolworths](#) in the refrigerator section alongside noodles (usually next to tofu, pasta / lasagna sheets).

They usually come in packs of 30 so you will need 2 packets.

3. FREEZING: In an airtight container, place raw gyoza in a single layer and top with cling wrap (for extra air tightness / or multiple layers). To cook, cook from frozen using the same method, just add a splash of extra water and cook for 2 minutes longer. It won't burn the underside because you add a bit of extra water.

REFRIGERATION: Same as frozen but won't require longer cook time / extra water.

4. Nutrition per piece, assuming 40 (largish) pieces.

Nutrition Facts	
Gyoza	
Serving Size: <input type="text" value="1"/> Serving (28g)	
Amount Per Serving	
Calories 72	Calories from Fat 35
% Daily Value*	
Total Fat 3.9g	6%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1.4g	
Monounsaturated Fat 1g	
Cholesterol 12mg	4%
Sodium 128mg	5%
Potassium 65mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber 0.3g	1%
Sugars 0.2g	
Protein 4.1g	
Vitamin A	0.1%
Vitamin C	3.7%
Calcium	0.3%
Iron	2.5%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition

Serving: 28g | Calories: 72kcal

Another great recipe by [recipetineats.com](https://www.recipetineats.com)