

Gluten Free GYOZA(Pork)



- **Ingredients:**

Gluten-Free Gyoza Pastry 10-12 pastries

Ingredients:

100g gluten-free flour

30g Psyllium Husk

About 200g hot water Please adjust the amount of water depending on the season too.

One GF gyoza pastry is about 8-9g each

Gyoza Fillings for 80 gyoza

500 grams of Pork Mince

half a small cabbage (washed)

30 grams of ginger, 2 - 3 cloves (approx 30 grams) of garlic

4 tablespoons of oyster sauce, 4 tablespoons of sesame oil

Rice wine vinegar, Soy sauce, 150 ml of water

Utensils:

Cutting board

Large bowl, knife, Flat plastic containers with lids (if freezing extra gyoza)

Plastic wrap (to line containers)

Small bowl (for water for finger dipping when shaping gyoza pastry)

Teflon frypan (medium size)

Lid to cover frypan

Teaspoon(s) for putting Pork mixture onto pastry

150 ml measuring cup (for water)

1 Turner/Flip, flat plate(s) for gyozas, small dish(es) for dipping sauce

Preparation of ingredients for Gyoza:

Place pork mince into the big bowl

Peel garlic and ginger and grate finely together and add to pork mixture in the bowl

Grate cabbage very finely (you can use food processor) and add to pork mixture

Add 4 tablespoons of sesame oil, 4 tablespoons of oyster sauce

Mix ALL ingredients together with your hands until the mixture is smooth

- **Gluten-free Gyoza pastry:**

1.Combine the dry ingredients:

In a bowl, mix together the rice flour, glutinous rice flour, and potato starch.

2.Add hot water and mix:

Pour the hot water into the bowl. Since it's hot, initially mix using a spatula.

Once it has cooled slightly, knead the dough thoroughly by hand until well combined.

3. Roll out the dough and cut with a glass:

Once the dough has come together, roll it out thinly with a rolling pin.

Use a glass to cut out rounds from the dough, and your gluten-free gyoza pastry is ready.

▪ **Making Gyoza:**

Take a piece of gyoza pastry and place in palm of your hand

Wet the tip of your finger in the bowl of water and wipe finger around the edge of half of the pastry (this helps to seal the pastry when you fold it together)

Scoop up 1 teaspoon of the pork mince mixture and place onto the middle of the pastry

Join the edges of the pastry together making a half moon shape

Pinch the edges together and make small pleats around the edges

Make another gyoza in the same shape and keep going until all the mixture is used up (makes 90 gyoza)

▪ **Cooking the Gyoza:**

Heat 2-3 tablespoon of sesame oil in Teflon frypan on gas stove top or gas cooker (maximum heat)

Place gyoza into pan (pleated side up) and cook gyozas until bottom of gyozas are golden brown (**about 1 min**)

Next quickly pour 150ml of water into the pan and quickly place frypan lid over the top of pan (** be careful as water and oil together can spit and is very hot**)

Steam gyozas until water is evaporated (approx 4 mins)

DO NOT BURN BOTTOM OF GYOZAS

Once water is evaporated, use turner/flip to lift gyozas from pan and place onto serving dish



▪ **Dipping sauce:**

In your small dish(es) pour 1 teaspoon of rice wine vinegar and 1 teaspoon of soy sauce

Using Hashi (chopsticks) dip gyoza into dipping sauce and **ENJOY!!**

Best eaten when piping hot straight from frypan!!!!