

Yin – Yang Vegetable Pockets

July

Makes 10 – 12 dumplings

Filling

1 tbsp plus 1 tsp vegetable oil
1 tsp minced garlic
1 cup shredded napa cabbage
½ cup shredded carrot
½ cup yellow chives, cut into 1-inch pieces or bean sprouts
¼ cup shredded red onion
1 tbsp oyster-flavored sauce
1 tsp sesame oil
3 eggs, beaten
¼ tsp salt
1/8 tsp ground black pepper

20 – 24 round potsticker wrappers
1 egg, beaten with 1 tbsp water (egg wash)
Vegetable oil for cooking
3 tbsp rice vinegar
¼ cup water
Soy sauce - vinegar mixture

Prepare filling: Place a wok or stir-fry pan over high heat. Add 1 tbsp oil, swirling to coat sides. Add garlic; cook, stirring, until fragrant, about 10 seconds. Add cabbage, carrot, chives and red onion; stir fry until vegetables are tender-crisp, about 2 minutes. Add oyster-flavored sauce and sesame oil; toss to coat. Transfer vegetable mixture to a colander to drain. Set aside in a medium bowl.

Place a medium non-stick skillet over medium-high heat until hot. Add remaining 1 tsp oil, swirling to coat bottom of pan. Pour beaten egg into pan, tilting pan so egg coats bottom of pan and bottom of omelet is set, about 1 minute. Season with salt and pepper. Turn omelet over; cook until set, about 30 seconds. Slide omelet onto a cutting board. Fold in half and cut into thin shreds. Transfer to the bowl of vegetables to cool.

Form dumplings: Place one potsticker wrapper on a clean flat surface; keep remaining wrappers covered with a damp cloth to prevent them from drying out. Place one heaping tablespoon filling in center of wrapper. Moisten edges of wrapper with egg wash. Top with a second wrapper and secure edges. Starting from one end of wrapper, slightly fold over the edge (like a pie crust); continue folding around dumpling. Repeat with remaining wrappers and filling. Keep filled dumplings covered with a damp cloth to prevent from drying.

Yin dumplings: Heat 2 tbsp oil in a large nonstick skillet over medium-high heat. Add half the filled dumplings, flat side down; cook, without turning, until golden brown, about 3 minutes.

Add vinegar and water; reduce heat to medium, cover and steam until dumplings are tender, about 4 minutes.

Yang dumplings: Heat remaining 2 cups oil in a wok or stir-fry pan over medium-high heat until hot. Add remaining uncooked dumplings; shallow fry, turning once, until golden brown and crisp, about 2 minutes on each side. Lift out dumplings with a slotted spoon; drain well on paper towels.

Transfer dumplings to a serving plate. Serve with soy sauce-vinegar.

Remark: For Yang dumplings, if you don't want to shallow-fry, you can poach dumplings instead.

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