

# INSTRUCTIONS: GYOZA KIT USING THE FOLDER

## CHANNEL YOUR INSPIRATION

Gyoza are a Japanese dumpling often served as an appetizer or accompaniment to ramen. For best results, the idea is to cook them by quickly searing and then steaming them.

### WHAT YOU'LL NEED:

- Non-stick pan with lid
- Tongs or spatula
- Small cup of water
- Neutral oil

### Optional: Dipping Sauce

Combine 2 parts rice vinegar to 1 part soy sauce.

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## TO FOLD

- 1** PLACE WRAPPER IN GYOZA FOLDER ENSURING WRAPPER IS STRETCHED TO THE EDGES. ADD 1 TBSP OF GYOZA MIXTURE TO CENTRE.



- 2** WET A FINGER IN A BOWL OF WATER AND USE IT TO WET HALF THE CIRCUMFERENCE OF THE WRAPPER.
- 3** FOLD IN HALF BY CLOSING THE GYOZA FOLDER. PRESS DOWN FIRMLY TO SEAL THE DUMPLING.
- 4** OPEN FOLDER AND VOILA! PERFECTLY FOLDED GYOZA.
- 5** REPEAT UNTIL ALL GYOZA ARE FOLDED.



## TO COOK

- 6** HEAT 1 TBSP NEUTRAL OIL IN A NON-STICK PAN OVER MED-HIGH.
- 7** WITHOUT CROWDING THE PAN, PLACE GYOZA IN PAN, AND ALLOW THEM TO SEAR FOR 30 SECONDS TO A MINUTE.
- 8** CAREFULLY ADD A SPLASH OF WATER TO THE PAN AND COVER WITH A LID, COOKING FOR 5 OR 6 MINUTES LONGER. KEEP A CLOSE EYE THAT ALL OF THE WATER DOESN'T EVAPORATE TO AVOID BURNING THE BOTTOMS.  
\*FOR PORK, COOKED TEMP IS 73°C.



- 9** REMOVE GYOZA WITH SPATULA OR TONGS, SERVE SEARED SIDE UP WITH OPTIONAL GYOZA DIPPING SAUCE.



# INSTRUCTIONS: GYOZA KIT FOLDING BY HAND

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## TO FOLD

- 1** PLACE WRAPPER IN NON-DOMINANT HAND. ADD 1 TBSP OF GYOZA MIXTURE TO CENTRE.



- 2** WET A FINGER IN A BOWL OF WATER AND USE IT TO WET HALF THE CIRCUMFERENCE OF THE WRAPPER.

- 3** FOLD IN HALF, ENCLOSING THE GYOZA MIXTURE.

- 4** USE A "PINCH, FOLD, PINCH, FOLD..." MOTION WITH YOUR FINGERS AND MAKE 3 OR 4 PLEATS TO SEAL. SET ASIDE.

- 5** REPEAT UNTIL ALL GYOZA ARE FOLDED.

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