



MANDU (만두)

Ingredients

Mandu Ingredients:

- 1/2 pound of ground beef (or substitute with tofu)
- 1/4 pound of ground pork (or substitute with tofu)
- 1 small zucchini
- 1 egg
- 1/2 yellow onion, finely chopped
- 2-3 cloves of garlic, minced
- 1 tablespoon of sesame oil
- 1 package of wonton wrappers or mandu skins
- Salt
- Ground black pepper
- 3-5 pieces of kimchi, minced (optional)
- Vegetable oil (or other oil for frying)

Dipping auce ingredients:

- 2 tablespoons of soy sauce
- 1 tablespoon of rice vinegar
- 2 teaspoons of gochugaru
- 1 scallion

Instructions

Combine the ground beef, ground pork, egg, onion, and garlic into a large mixing bowl.

Cut the zucchini into small cubes (about the size of a pencil eraser or smaller) and sprinkle salt on top.

Place the cut zucchini on a paper towel to absorb the water from the zucchini. Press the zucchini with paper towels to absorb as much moisture from the zucchini. Then, add the zucchini to the rest of the ingredients.

Add sesame oil, and salt and pepper to taste. Add kimchi. Mix well.

To fill the dumplings, place a small spoon of filling in the center of the mandu skin (or wonton wrapper). Use your finger to apply a little water on the edge to help seal the dumpling. Fold the skin in half over the filling and press the edges together to make a moon shape or a triangle (depending on the shape of the wrapper). Make tiny pleats where the skins are folded together.

To steam the mandu, bring a small amount of water to a boil in a large pot. Make sure your steamer is above the water. Place a layer of dumplings inside without touching each other. You can use a bamboo steamer or a regular steamer lined with cheese cloth or similar liner. Cover and steam for about 5 minutes.

To pan fry the mandu, heat the pan on medium high heat with a couple tablespoons of vegetable oil. Work in batches to add a handful of dumplings in a single layer. Cook until the dumplings are brown on one side, about 3-4 minutes. Add a couple tablespoons of water to the pan to create steam. Turn the heat down to medium low and cover with a lid. Once the water has mostly evaporated, remove the lid and continue cooking for another minute or two until the bottom of the dumplings have become crispy.