

Gyoza with mushroom filling

Cuisine: Japanese

Food category: Vegetarian dishes



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Company: RETIGO Deutschland GmbH



Program steps

Preheating: 220 °C

1	1. Schritt: Zwiebeln etc. Anschwitzen	Hot air	100 %	Termination by time	00:05	hh:mm	180 °C	+ 100 %	✕
2	2. Schritt: Kohl und Lauchzwiebeln hinzugeben	Hot air	100 %	Termination by time	00:05	hh:mm	180 °C	+ 70 %	✕
3	3. Schritt: Pilze und Gewürze hinzugeben, ablöschen und schmoren	Hot air	100 %	Termination by time	00:15	hh:mm	180 °C	+ 70 %	✕
4	4. Schritt: Knödel Dämpfen	Steaming		Termination by time	00:12	hh:mm	99 °C	+ 50 %	✕

Ingredients - number of portions - 4

Name	Value	Unit
sesame oil	5	ml

Name	Value	Unit
carrot	2	pcs
cabbage leaves, cleaned	10	pcs
onion	1	pcs
garlic cloves, finely chopped	1	pcs
ginger root, peeled and finely chopped	1	pcs
small turmeric	1	pcs
mushrooms	200	g
mu-err mushrooms, dried	25	g
pak choi	500	g
sesame oil	50	ml
soy dipping sauce	20	ml
rice vinegar	5	ml
chili pepper	1	pcs
salt	5	g
sambal oelek	2	g

Name	Value	Unit
plain wheat flour	300	g
salt	2	g
water	160	ml

Directions

Gyoza are Japanese dumplings or steamed filled dumplings. The filling can be varied as desired. Boil the water and, while still hot, knead it with flour and salt to form a dough, then refrigerate for an hour. Soak the dried Mu-Err mushrooms in water. Finely grate the carrots, ginger, garlic and turmeric, cut the spring onion and cabbage into very fine strips and the onion into fine dice. Also finely dice the swollen mushrooms and the cleaned mushrooms. It is best to use a coated, deep GN container to prepare the filling. Preheat the combi steamer to 220°C in hot air mode, add the sesame oil to the coated container, along with the onions, garlic, ginger and turmeric and sweat it for 5 minutes at 180°C. Add the cabbage and spring onion and sauté for another 5 minutes, then add the mushrooms, mix everything and deglaze with the soy sauce, rice vinegar and, if necessary, a little white wine or water. Add the spices and simmer everything for another 15-20 minutes, then season to taste and allow to cool. Now roll out the dough as thinly as possible on a floured work surface and cut out circles (approx. 10 cm in diameter).

Moisten the edge of the circles with water, place 1-2 teaspoons of the filling in the middle, fold the dough over it and gather it together at the top like a ruffle and press it firmly. Coat the bottom of a perforated GN container with sesame oil, place the dumplings on top and steam them in the preheated combi steamer for approx. 10-12 minutes.

The thinner the dough, the shorter the cooking time. Depending on your taste, you can serve the dumplings with a dip and decorate with spring leeks. The filling can be varied as desired and supplemented with minced meat or shrimp, for example.

Nutrition and allergens

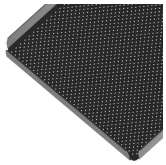
Allergens: 1

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	330.7 kJ
Carbohydrate	63.8 g
Fat	2.1 g
Protein	11.5 g
Water	0 g

Recommended accessories



Perforated aluminium sheet, teflon coated