Gyoza with mushroom filling

Cuisine: Japanese

Food category:	Vegetarian	dishes
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Program steps

Pr	eheating:	220 °C													
1	1. Schritt: Zv	viebeln etc. /	Anschwitzen												
	\$\$\$ Hot air		 → 100 %		ermination by me	Ø	00:05	hh:mm	90	180	°C	+	100 %	X	
2	2. Schritt: Ko	ohl und Lauc	hzwiebeln hinz	ugeber	ı										
	\$\$\$ Hot air		 → 100 %	O tin	ermination by me	Ø	00:05	hh:mm	₿ ≎	180	°C	-}-	70 %	X	
3	3. Schritt: Pi	lze und Gew	ürze hinzugebe	en, ablö	schen und sc	chmore	ſ								
	\$\$\$ Hot air		 → 100 %	- F Y 4	ermination by me	Ø	00:15	hh:mm	90	180	°C	+-	70 %	X	
4	4. Schritt: Kr	nödel Dämpf	en												
	Steamin Steamin	g			ermination by me	Ø	00:12	hh:mm	90	99	°C	+	50 %	X	

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

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

Name	Value	Unit
sambal oelek	2	g

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

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



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.