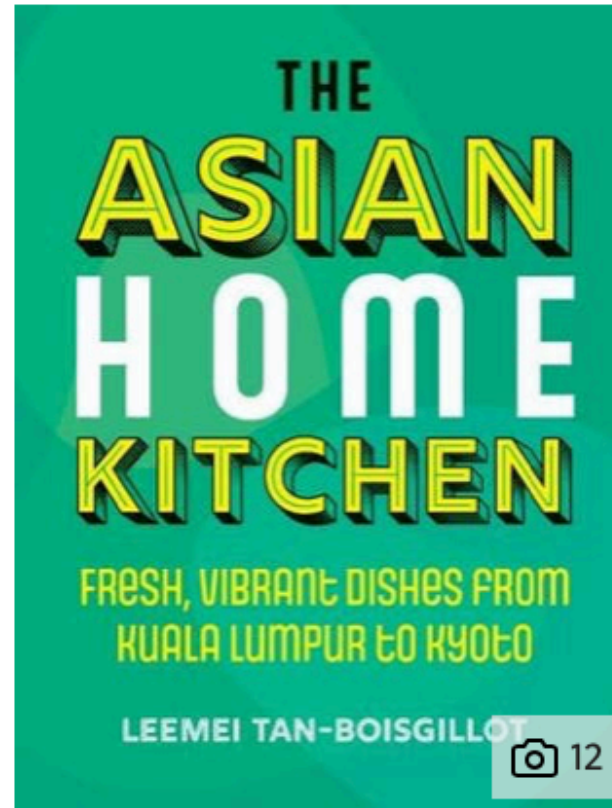


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The Asian Home Kitchen



'Asian Home Kitchen' demystifies the cuisine for the average home cook
(*Nourish*)

Asian cuisine can be overwhelming to start cooking up – the sheer volume of magnificent dishes out there, plus the unfamiliarity of many ingredients, can leave you feeling lost and defaulting to your local takeaway just to get food on the table. This is where blogger Leemei Tan-Boisgillot's *The Asian Home Kitchen* comes in. With over 100 recipes from 11 countries, this is a comprehensive guide to Asian cooking that will have you rustling up everything from Korean bibimbap to Indonesian rendang. The book is very much a result of a life lived through food, from growing up in Kedah,

Malaysia, to staying connected with her culture while travelling the world.

When writing this article I had a craving for dumplings so I was delighted to come across Tan-Boisgillot's recipe for Japanese pork gyoza. These little meaty parcels are incredible in noodle soups or as a side snack (don't forget to slather them in chilli oil if you can take the heat). Most of the ingredients can be found at local Asian grocery stores, in the world food



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flavour sensation on the inside.

I do have a little confession, however. My subpar baking skills and tiny kitchen meant that making the dumplings skins from scratch was a no go, so I used premade ones instead. While the best dumpling wrappers will always be handmade, premade is a great option if you just want something quick and easy. I'm excited to try more of these recipes and know I'll be reaching for this book a lot more in the future.

Japanese pork dumplings

Ingredients:

175g/6oz white cabbage, halved and core removed

80g/2¾oz watercress, chopped

5 spring onions, finely chopped

270g/9½oz minced/ground pork

7 garlic cloves, finely chopped

2cm/¾in piece of fresh ginger, peeled and finely chopped

1 tbsp cornflour/cornstarch

1 tbsp sesame oil

3 tbsp shoyu



These little meaty parcels are incredible in noodle soups or as a side snack
(Olivia Campbell)



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1 tsp granulated sugar

1-2 tbsp sunflower oil

freshly ground black pepper

For gyoza wrappers:

200g plain/all-purpose flour, plus extra for dusting

Sunflower oil, for oiling

Sea salt

To serve:

Shoyu

Chilli Oil

Method:

1. Bring a large saucepan of water to the boil, add the cabbage leaves and blanch for 1 minute. Remove the leaves with kitchen tongs and plunge immediately into a bowl of ice-cold water to stop the cooking process. Drain, pat dry with paper towels, squeezing out as much water as possible, and then finely chop. Transfer to a large bowl and add the watercress and spring onions.

2. Mix together the pork, garlic, ginger, cornflour, sesame oil, shoyu, sake, mirin and sugar in a large bowl until well combined and then season with pepper. Add the cabbage and watercress mix and stir to combine. Cover



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3. Meanwhile, to make the gyoza wrappers, put the flour and a pinch of salt in a large mixing bowl and make a well in the centre. Slowly pour in 100ml cold water and combine with the flour to form a soft dough. Turn the dough out onto a lightly floured surface and knead for 10 minutes until it is smooth and elastic. Shape the dough into a ball, transfer to a lightly oiled bowl, cover with a damp dish towel and leave to rest for 1 hour.

4. Turn the dough out onto a lightly floured surface, roll it into a cylinder and divide into 4-5 equal portions. Take a portion of the dough and roll flat until it is about 2-3mm thick, then, using a 9cm cookie cutter, cut out neat circles. Dust the surface of the wrappers lightly with flour so they don't stick together, then stack them on a lightly floured plate. Repeat with the remaining dough portions. Keep any dough you are not using covered with a damp dish towel to prevent it from drying out.

5. Have a small bowl of water by the side to use for sealing the dumplings. Place a gyoza wrapper on the forefront of your hand, then put a heaped tablespoon of the pork filling in the centre. Shape the filling into an oblong shape and flatten it slightly. Wet around the edge of the wrapper with water and bring one side of the wrapper over the filling to form a half-moon shape.

6. Press one corner of the wrapper together to seal, then pinch the edge of the top half of the wrapper next to the seal into a pleat, pushing the pleat into the edge of the bottom half of the wrapper to seal. Continue to work around the edge to the other corner. There should be 6-8 pleats and the



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bottom half of the wrapper should remain flat.

7. When you've finished pleating the pastry, press gently into the back of the pastry to form a crescent shape. Transfer the gyoza to a lightly floured plate and cover with a damp dish towel while you make the remaining dumplings.

8. Heat the sunflower oil in a large frying pan over a medium-high heat, then arrange the gyoza in the pan. Leave a bit of space between each dumpling to avoid the gyoza sticking together. Cook for 3-4 minutes, then pour in enough hot water to half cover the gyoza. Cover and cook over a medium heat until the liquid has evaporated.

9. Remove the lid and cook for a further 4-5 minutes, or until the bottom of the gyoza becomes brown and crisp. Depending on the size of the frying pan, you may need to cook the gyoza in batches. Serve immediately with shoyu and chilli oil, if you like.