



Gyoza (dumplings) Okonomiyaki (savory pancakes)

Dave Matthews – The Semaphore Pantry

16th October, 2011

GYOZA

Ingredients

Filling

100g Chinese cabbage, finely chopped
pinch, salt
100g minced pork
1 tsp fresh ginger, finely grated
1 garlic clove, crushed
1 tbsp Japanese soy sauce
1 tsp sake
1 tsp mirin
pinch, white pepper
1 spring onion, finely chopped

Dipping Sauce

40ml rice vinegar
40ml soy sauce
1 tsp sesame oil

Gyoza wrappers
vegetable oil, for frying
1 tsp sesame oil
Japanese mustard, to serve

Method

Filling

Put cabbage in a colander, sprinkle with salt, stand for 15 mins, squeeze well - mix with all filling ingredients

Dipping Sauce

Stir to combine all ingredients in a small mixing bowl

Lay a wrapper in your palm and put 2 tsp of filling in the centre
Lightly dampen the edges with water, then fold together to form a semicircle
Press firmly to enclose filling, lightly dampen curved edge, then overlap around the edge to form a pleat
Place dumplings on a glad wrap lined tray and refrigerate until ready to cook

Heat a little vegetable oil in a large non-stick frying pan over medium-high heat
Place dumplings flat side down in a single layer - leave a little space between each
Cook for 2 minutes or until bottoms are crisp and golden
Combine 125ml boiling water with 2 tsp vegetable oil and sesame oil and add to the pan
Cover, reduce heat to low, and cook for about 10 minutes
Remove the lid, increase the heat to high, and cook until the liquid has evaporated
Remove from pan and drain on paper towel



OKONOMIYAKI

Ingredients

½ cup cabbage, finely shredded
 Pinch, salt
 125g plain flour
 25g potato flour
 ½ tsp baking powder
 85ml dashi
 ½ tbsp white miso
 ½ tbsp mirin
 2 eggs, lightly beaten
 2 shitake mushrooms, thinly sliced
 2 spring onions, thinly sliced
 ½ tbsp pickled ginger, finely chopped
 150g raw vegetables
 pinch, white pepper
 vegetable and sesame oil, for frying

Sauce

30ml tomato sauce
 2 tbsp Japanese soy sauce
 ½ tbsp sake
 ½ tbsp mirin
 1 tbsp caster sugar
 1 tbsp rice vinegar
 ½ tsp fresh ginger, finely grated
 1 garlic clove, crushed
 pinch, Japanese mustard

Method

Sprinkle the cabbage with salt, stand for 5 minutes - squeeze out any liquid
 Sift the plain flour, potato flour and baking powder into a bowl
 Combine the dashi, white miso and mirin in a separate bowl and whisk until smooth
 Make a well in the flour mix, add beaten eggs and dashi mixture
 Mix and stir in cabbage, shitake, spring onion, pickled ginger and vegetables - season with salt and pepper

Heat a little vegetable and sesame oil in a large frying pan
 Add some mixture and cook for 5 minutes - turn over, and cook for a further 5 minutes - keep warm

Sauce - combine all ingredients in a small saucepan with 1tbsp water and bring to the boil over high heat
 Reduce to a simmer and cook, stirring, for 10 minutes or until slightly thickened
 Brush pancake tops with sauce - Serve with condiments of Japanese mayo, nori strips or bonito flakes.

ASFM SHOPPING LIST

Ingredients

pork

tomato sauce
olive oil

vegetables

eggs

Stallholders

Minniribbie Berkshire Pork Farm
www.freerangeberkshirepork.com
 Warrakilla Fine Foods
www.baldhillsolivegrove.com.au, Rodger Fryer
www.hardingsfinefoods.com.au, Patlin Gardens,
www.woodsidecheesewrights.com.au
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http://eudunda.net/business/free_range_eggs.php