



Presents



Pork Pot Stickers with Thai Crystal Dipping Sauce

Presented August 31, 2013 by Mike Wood

Ingredients for filling:

1 lb. ground pork 1 head Napa Cabbage 1 bunch of green onions
1 carrot shredded 1 bag of bean sprouts 1 can of sliced waterchestnuts
Salt and pepper to taste 2-3 cups of chicken broth for cooking/steaming
Vegetable oil for cooking

Ingredients for wrapper dough:

2 cups of unbleached flour ½ cup of corn starch 2/3 cup boiling water
1/3 cup of ice water

Ingredients for Dipping Sauce: (from "The Passionate Vegetarian" by Crescent Dragonwagon)

2 cups white sugar 1 cup water ½ cup rice vinegar ¼ cup minced garlic
2 teaspoons salt 2 Tablespoons of crushed red pepper flakes

Directions for preparation: Shred the cabbage and carrot, mince the onions and the water chestnuts, chop the bean sprouts and mix all together with the ground pork. Add salt and pepper to taste.

Mix the flour and cornstarch together, then add the boiling water to the mix. Stir with a spatula adding ice water as needed to bring the dough together to a smooth and elastic texture. Let it rest a bit.

Mix the white sugar, water, vinegar, garlic and salt together and bring to a boil. Reduce heat and simmer for 20 minutes to a syrup consistency. Remove from heat and add the red pepper. Allow to cool. Can strain or serve as is. Keeps a long time in the refrigerator.

Roll out the dough by quarters to about 1/8 inch thick or so, then cut out rounds with a biscuit or cookie cutter. Place a scant tablespoon of filling in the center of each round of dough and bring the edges together on top and pleat to close. Do not overfill. Place completed stickers on a tray dusted with flour or lined with parchment paper. Heat a skillet with 2-3 tablespoons of oil over a medium high heat, then place 12-15 potstickers into skillet. Brown the bottoms thoroughly, then add 2/3 cup of chicken broth and slap a lid on the skillet and reduce heat to medium low to steam for about 7 minutes or when most of the broth has evaporated. Remove skillet from heat and take the lid off. Let them sit a minute or two, then remove to a tray to either serve or keep warm. Serve with the Thai Crystal or a sauce of your choice. A great alternative sauce is soy, rice vinegar, minced green onion, sesame oil and sesame seeds all stirred or shaken together in roughly equal parts.