

Japan *I*food vol.3

There's nothing quite like Japanese beer, stir-fried noodles and dumplings that leaves you wanting for more. Have fun trying out these new and easy recipes that is surely to satisfy your hunger for Japanese dishes!

Information : Lion Oriental Foods Co.and Loi's Eastern Supermart

Japanese Recipes and Tips

New section in English

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Japanese Recipe - 5

Gyoza (Japanese Dumplings)

Thin and crispy. Enjoy Japanese-style dumplings!



Ingredients (Makes : 40 Pieces)

- 1 package **Gyoza Wrappers**
- 290 g ground pork
- 140 g cabbage leaves
- 15 g green onion
- 2 shiitake mushrooms
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 1/2 teaspoon sake
- 1 teaspoon soy sauce
- Dash of salt
- Dash of black pepper
- 1 teaspoon oil for frying
- 1/4 cup water
- 1 teaspoon sesame oil

[Dipping Sauce]

- 1 teaspoon rice vinegar
- 1 teaspoon soy sauce
- Several drops of **La-Yu**

Method

1. Chop Boiled Cabbage leaves, green onion and shiitake mushrooms into very small pieces.
2. Mix pork, sake, sesame oil, soy sauce, salt, black pepper, and knead the mixture with hands until the texture becomes sticky. And then, add the chopped boiled cabbage leaves, green onion and shiitake mushroom and continue to knead.
3. Wrap the mixture with gyoza wrappers.
4. Heat the oil in a frying pan and when the pan is hot, place the gyoza in a single layer, flat side down.
5. When the bottom of the gyoza turns golden brown, add 1/4 cup of water to the pan.
6. Immediately cover with a lid and steam the gyoza until most of the water evaporates.
7. Add sesame oil and cook uncovered until the gyoza is nice and crisp on the bottom.
8. Serve the gyoza with dipping sauce.



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Japanese beer Contains rice allowing them to be crafted to be clean and dry with a light taste, the rice lightens the body of the beer making it incredibly refreshing.

You can mix anything you want inside Gyoza and when the skin is in room temperature, it's easy to put together. It's good for frying, steaming, and soup!



Gyoza Wrappers

This is made from flour, which is used to make the skin of the Gyoza. In order to make this, add boiled water into the bowl that contains the flour. Then stir the flour until the dough is formed which you will then to form the dough into a ball using your hands. The length of the dough should be 1cm and the width should be 10cm.



La-Yu

La-Yu is chilli oil which can be used to give a spicy flavour to any dish. It is made from vegetable oil often soybean oil or sesame oil. Other spices may be included such as garlic, pepper or paprika.



This beer is suited to 'Gyoza'

Premium Yebisu

"Yebisu is the premium, all-malt offering from Sapporo Breweries. Has the typically clean, refreshing profile of a Japanese lager but with more finesse and intensity of flavour. Aromas of light, fresh malts giving way to a faintly creamy body and finishing with some spicy hop notes.