

Pan-Fried Dumplings
Gyoza

Ingredients

75 g ground beef
7 mL Japanese soy sauce
0.5 mL white pepper
1 mL sugar
 $\frac{1}{2}$ egg, slightly beaten
2 mL sesame oil
300 mL finely chopped cabbage
1 green onion, finely chopped
12 gyoza or gow gee wrappers
4 mL vegetable oil

Method:

1. Mix pork, sauce, pepper, sugar, egg, sesame oil, cabbage and green onion in medium bowl. Refrigerate for 10 minutes.
2. Take a wrapper and wet the edge of one side. Place 5 mL of pork mixture in center of wrapper and pleat the damp side of wrappers only. Pinch both sides together to seal, repeat with remaining wrappers and pork mixture.
3. Cover case of large frying pan with water, bring to a boil. Add dumplings, in batches; reduce heat and simmer, cover for 3 minutes. Remove dumplings from pan with slotted spoon, drain and dry pan.
4. Heat oil in same frying pan; cook dumplings, uncovered in batches unpleated and base only, until golden brown.

Zaru Soba (Chilled Soba Noodles with Nori)

Dipping sauce

Ingredient

250 mL dashi (125 mL dashi and 125 mL water)

60 mL soy sauce

60 mL sugar

15 mL rice vinegar

Condiments

Ingredients

2 green onions

5 mL ginger, grated

$\frac{1}{2}$ sheet nori, cut into very thin strips

Wasabi, optional

200g dried soba noodles

Method:

1. Heat the dipping sauce ingredients in a small sauce pan until the sugar dissolves; remove from heat and chill.
2. Place the onion, ginger, nori, wasabi in individual bowls and set them aside for later. Fill 4 individual bowls with dipping sauce.
3. Bring a pot of water to a boil and then, add the soba noodles. When the pot comes to a boil again, add small amounts of cold water (about 60 mL) to control the boiling. You can repeat this process until the soba is cooked. Reducing the heat prevent the outer covering of the stands of noodles from dissolving.
4. Drain and rinse under cold water, agitating the noodles gently to remove the surface starch. Drain well and place in the individual bowls.
5. To serve: each person mixes some of the condiments with their own dripping sauce. You dip your noodle in the dipping sauce before you slurp them up.