

# SWEET POTATO GYOZA

## NOTES TO STUDENTS AND VOLUNTEER:

1. Focus on your peeling and cutting techniques.
2. Be careful when cooking the sweet potato and frying off the gyoza.
3. You need to make 1 gyoza for each person.

### Equipment

- Scissors
- Chopping board
- Small knife
- Large knife
- Skewer
- Measuring spoons
- Small plate
- Teaspoon
- Pastry brush
- Small bowl of water
- Fork
- Large saucepan
- Vegetable peeler
- Micro plane grater
- Colander
- Frypan
- Egg slide
- Serving platters

### Ingredients

1 packet of gyoza wrappers

#### Sweet Potato Filling

- 1 large piece of sweet potato
- 4 tablespoons chives
- 1 clove garlic
- 2 teaspoons grated ginger
- Vegetable oil for frying
- Soy sauce for serving

### What to do

#### Sweet Potato Filling

- Peel and chop the sweet potato.
- Poach the sweet potato in a large saucepan (use just enough water to cover the sweet potato) and cook on a medium heat until the sweet potato are very soft when you test with a skewer.
- Strain in colander, return to saucepan and place over heat to dry off the sweet potato (about 10 seconds).
- Remove from the heat and mash with a fork while still warm.
- Set aside to cool.
- Peel and finely chop the garlic.
- Using scissors finely chop the chives.
- Peel and grate the ginger.
- Add ginger, garlic and chives to the mashed sweet potato.
- Mix to combine.

## **Assemble Gyoza**

- Place a gyoza wrapper into a small plate.
- Brush edges of gyoza with cold water, using a pastry brush.
- Add 1 teaspoon of filling onto one half of the wrapper.
- Fold the wrapper in half and pinch the sides to seal in the filling. Repeat process.
- Heat 2 tablespoon of vegetable oil in a large frypan over high heat.
- Reduce to a medium heat and gently place gyoza in frypan and cook for 1-2 minutes on each side until lightly golden brown.
- Repeat with remaining oil and gyozas.
- Serve onto serving platters with a dipping sauce of soy sauce.