



VEGGIE POTSTICKERS

GATHER YOUR INGREDIENTS + TOOLS

<p>INGREDIENTS for the BIG VEG SAUTE For one group of 5 campers</p> <p>2 Tbs vegetable oil 1 tsp sesame oil 1 Tb chopped garlic 2 teaspoons grated ginger 1 cups grated carrots 1/2 cup finely chopped red pepper 1/2 cup thinly sliced green onions 2 cups finely chopped red cabbage 1 can chopped water chestnuts 1/4 cup soy sauce 1 Tbs rice wine vinegar Dumpling/Gyoza Wrappers</p>	<p>TOOLS:</p> <ul style="list-style-type: none"><input type="checkbox"/> measuring cups + spoons<input type="checkbox"/> Large mixing bowl for veggies<input type="checkbox"/> burner with large stock pot + spoon<input type="checkbox"/> Cutting boards or mats<input type="checkbox"/> Wavy choppers/knives, peelers, graters, garlic presses<input type="checkbox"/> Small bowls for water<input type="checkbox"/> Bowls for veggie mixture and spoons
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PREPARATION

Make the filling:

- a. Ginger - grate or microplane
 - b. Garlic - press or mince with wavy chopper
 - c. Carrots - grate fine
 - d. Cabbage - slice fine/ shred
 - e. Red pepper - small dice
 - f. Green onions - can cut with scissors! Very small
 - g. Napa cabbage - finely shred
 - h. Water chestnuts - finely dice
2. Saute the veggies over medium heat, just enough to take the crunch out of them! Add the remaining ingredients to season the filling.
 3. Get a small bowl of water, a bowl of filling, spoon and potsticker wrappers and a piece of parchment to work on.
 4. To assemble the potstickers, place wrappers on a work surface. Spoon 1 tablespoon of the veggie mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.
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Cooking instructions:

Heat 2 tablespoons vegetable oil in a large skillet over medium heat. Working in batches, add potstickers in a single layer and cook until beginning to crisp on the bottom, about 2-3 minutes. Working quickly, add 1/4 cup water; cover and cook until liquid has evaporated and bottoms of dumplings are crisp and golden, about 3-5 minutes.