

Chinese-Inspired Veggie Jiaozi (Potstickers)

Makes 15 potstickers | Difficulty: Medium

Prep time: 30 mins | Total time: 45 minutes

Potstickers, also known as *jiaozi* in Mandarin, are a delicious staple of Asian cuisine that originated 1800 years ago in Northern China. Although *jiaozi* are known for their savory fillings, like pork and shrimp, this vegetable-focused recipe incorporates a special ingredient: monosodium glutamate (MSG). MSG enhances the meaty, “umami” qualities of the mushrooms, as well as reduces the total sodium of the recipe by 35% when compared to using table salt alone. The rich, savory profile of the potstickers, and the satisfying crunch after being pan fried, makes this recipe perfect as an appetizer, an entrée, or a crowd-pleasing symbol of good fortune for any occasion.

Ingredients

- 15 potsticker wrappers, thawed
- 1/2 block extra firm tofu
- 1/2C shiitake mushrooms, minced
- 1C raw cabbage, minced
- 1 carrot, minced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/4 tsp salt
- 1/4 tsp MSG
- 1 tbsp canola oil
- 1/2 tbsp sesame oil
- 1 tbsp cornstarch
- 1/4C water, for steaming

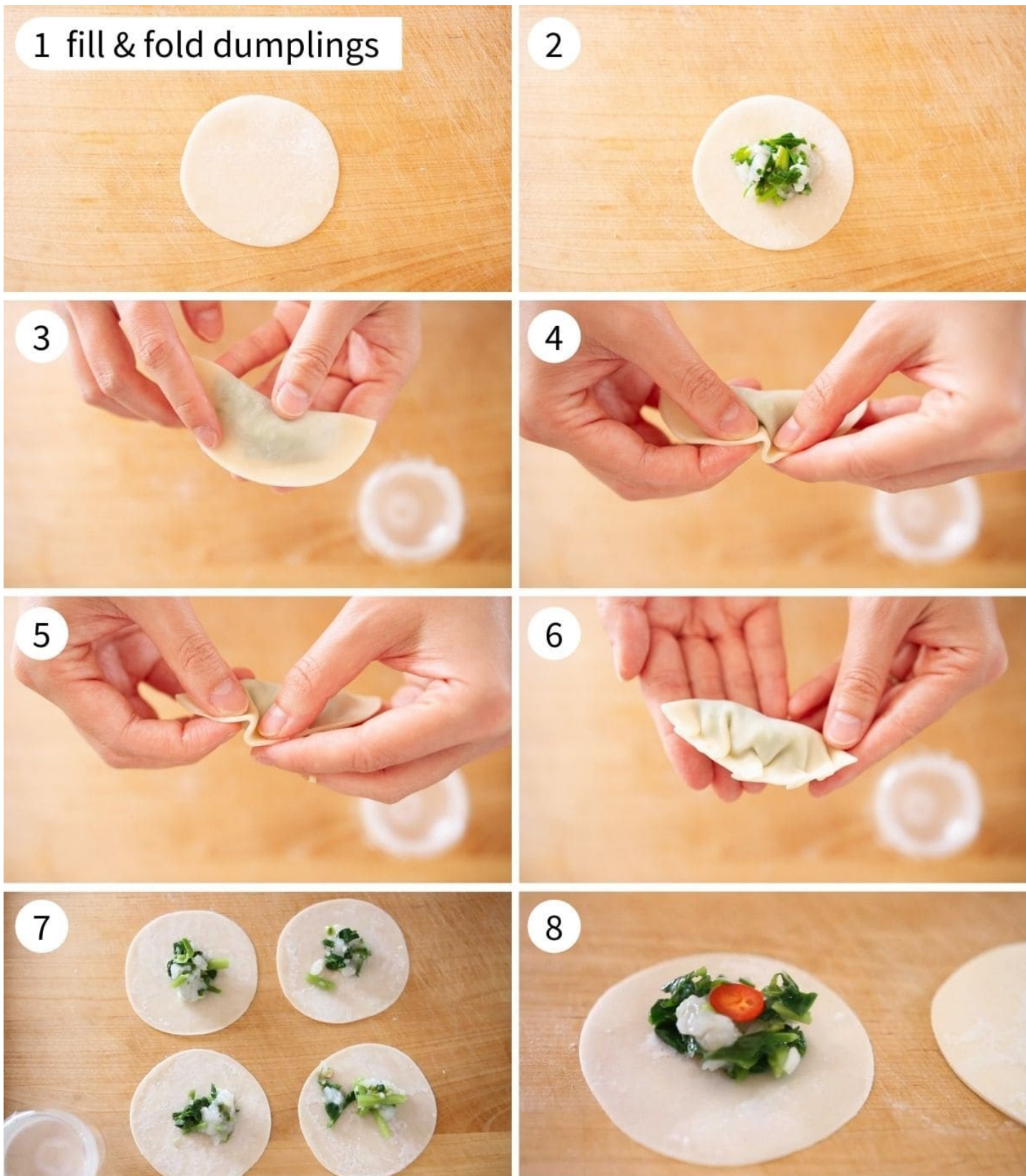
Directions

1. Place a sauté pan over medium-high heat and add 1/2 tbsp canola oil. When the oil is hot, add garlic and onions and sauté for 1-2 minutes until aromatic.
2. Add mashed tofu. Sauté until it becomes slightly browned., then add mushrooms, cabbage, and carrots. Cook for 4-5 minutes. Add salt, MSG, and sesame oil.
3. Strain excess moisture and transfer vegetables to a bowl. Add cornstarch until well incorporated.
4. Add 1 to 1 1/2 tbsp veggie filling to wonton wrapper and seal with pleated edges.
5. Heat the other 1/2 tbsp canola oil in sauté pan over medium high heat. When hot, add potstickers in batches for 7-8 minutes or until a golden-brown crust has formed.
6. Add all potstickers back into pan. Carefully pour 1/4C water into the pan and cover immediately to steam, 5-6 minutes.



Recipe and photo adapted from The Foodie Takes Flight (<https://shorturl.at/8wl1A>)

Nutrition facts (per serving): 397 calories, 35g carbohydrates, 17g total fat, 1g saturated fat, 522mg sodium, 5g fiber, 21g protein, 0.4 mcg vitamin D, 232mg calcium, 3.5mg iron, 377mg potassium



Screenshot from “Boiled dumplings with juicy snow pea leaves and shrimp 豆苗蝦水餃” (<https://thesoundofcooking.com/boiled-dumplings-with-snow-pea-leaves/>)