

Potstickers (Chinese Pan Fried Dumplings!)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-fried-dumplings>

Ingredients:

- 6 dried shiitake mushrooms Note 1
- 1 1/2 cups chinese cabbage finely chopped, Napa cabbage
- 1/2 teaspoon salt
- 250 grams pork mince fatty, 20 - 30% fat ideal - Note 2
- 1/4 cup garlic chives finely chopped*
- 2 teaspoons light soy sauce light or dark soy also ok
- 1 1/2 teaspoons wine Chinese, Note 4
- 1/2 teaspoon sesame oil
- 1/4 teaspoon white pepper black also ok
- 1 garlic clove minced
- 1/2 teaspoon fresh ginger grated
- 35 dumpling wrappers round, Note 5
- 1/2 cup water per batch
- 6 teaspoons vegetable oil

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 890 milligrams

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