

# GLUTEN-FREE GYOZA

Submitted by Dale Warketin



## GYOZA WRAPPERS

- 1 3/4 cup (245g) gluten free flour (Pamela's All Purpose)
- 3/4 tsp xanthan gum (if flour does not include)
- 35 grams expandex modified tapioca starch (or tapioca flour)
- 3 eggs (150g - weighed out of shell)  
- at room temp, beaten
- 4-6 tbsp warm water (about 85F)

## FILLING

- 1/2 lbs ground lean pork
- 1/2 lbs peeled shrimp, minced
- 1 tbsp finely minced ginger
- 2 green onions, finely chopped
- 1 tbsp GF soy sauce (Bragg's Liquid Soy Seasoning)
- 2 tbsp mirin
- 2 tbsp sesame oil
- 1/2 tsp salt

## DIRECTIONS

### FOR FILLING:

Combine all ingredients for filling into bowl and mix. The mixture will look wet, mix well and cover with plastic wrap and place in fridge until ready to use.

### FOR GYOZA WRAPPERS:

1. In the bowl of a stand mixer place the flour, xanthan gum and tapioca flour/starch. Mix well.
2. Create a well in the center of the dry ingredients, add the eggs and 4 tablespoons of the warm water
3. Mix to combine on medium speed for about 1 minute
4. The dough should come together and if there are any crumbly bits, add the remaining warm water by the teaspoon until the dough holds together well when squeezed with hands.
5. Turn the mixer speed up to medium-high and beat until smooth - about 3-4 minutes OR remove from bowl and kneed at least 6-8 minutes.
6. Wrap dough in plastic wrap tightly and allow to sit at room temp for 10 minutes
7. Divide dough in half (place 2nd half back in plastic wrap and wrap tightly) and roll as thin as possible (able to just see fingers through dough) - use just enough flour to keep from sticking
8. Cut into 3-4-inch round
9. Place cut rounds between two damp towels
10. Continue until all dough used

### ASSEMBLE GYOZA:

1. Take 1 round wrapper and wet around edges with water
2. Place just enough filling in wrapper to allow wrapper to seal without filling being squeezed out, remove as much air as possible
3. Fold round in half and seal edges
4. Crimp edge with fork
5. Place assembled gyoza under damp towel to prevent drying out
6. Freeze raw if desired

### COOKING:

1. Steam for 15 minutes
2. Pan Fry until golden brown