

# MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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## **Potstickers**

*Yield:* 2 dozen

*Ingredients:*

2 dozen wanton rappers

water

sesame or vegetable oil

## **Filling**

1/2 lbs ground beef

1/4 cup water chestnuts (diced)

6 green onions (chopped)

2 cloves garlic (minced)

3 Tbsp. soy sauce

2 Tbsp. fresh grated ginger (about a 1 inch finger)

1/2 tsp. black pepper

*Directions:*

1. In a bowl, mix together the filling ingredients. Set aside.
2. Lay out your wrappers. This is the assembly line theory of making potstickers. At first you will be slow, but soon you will be quick. Once you have them laid out, place about 1/2 teaspoon of filling in the center of each wanton. It's important to not over fill. It will make it difficult to close later.
3. Time to fold. Using your fingers, or a pastry brush, dab them in water and wet two sides of the wanton. The wet sides should be two sides off the same corner. Now fold over the sides and form a triangle. Press along the edges of the triangle to make sure the wanton seals. Now pinch up the sides towards the apex of the triangle. The result should be a 'money bag' shape holding the filling. Though trust me, people rarely comment if you make ugly potstickers. If yours look like they were done in the dark by a drunken monkey, people won't notice. Practice and yours will likely be better than mine in no time.

NOTE: At this point you can stop if you are doing prep work. You can simply cover and refrigerate. They will be okay overnight or a day in advance. The only storage issue is to be careful if you store them touching. If they are at all wet, they will stick together. This risks tearing the wantons before you've even cooked them.

4. In a large non-stick (trust me this makes your life easier) pan over medium high to high heat, add about two tablespoons of oil. There should not be a lot of oil. Just enough to coat the bottom

of the pan. Swish the pan to make sure oil is evenly and thinly distributed. Leave it over the heat for about 45 seconds or until the oil lightly shimmers when moved. Once it shimmers, delicately place about 10 of the dumplings into the pan.

NOTE: My preference is for sesame oil, but I've used vegetable and canola with good results. Olive oil may not be right because you are going to cook on very high heat and olive oil tends to have a low smoke point.

5. For this step, the key is to be ready in advance. You need about 1/4 cup of water and a lid that will cover the pan. You are now looking for signs that the dumplings are starting to firm and golden brown on the bottom. You should see them turn in about 1-2 min. Once the wontons are there, add the 1/4 cup water and place the lid quickly over the pan. The potstickers are now steaming. Turn down the heat to medium and allow them to cook for another 3 min.

WARNING: When you lift the lid, stand back because you will get blasted with very hot steam if you are not careful.

6. Remove from the heat and transfer the potstickers to a serving plate or warm location (an oven at 200F works). Wipe the pan clean or rinse off with water, and then prepare another batch following the same steps. Serve hot. Enjoy!