

Baked Dumplings (Gyoza – style), Gluten-Free



Serves	12 - 17
Prep time	1 hour
Cook time	25 minutes
Total time	1 hour, 25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish , Savoury Snack
Misc	Child Friendly , Pre-preparable , Serve Hot
Occasion	Casual Party
Region	Japanese

Ingredients

Beef Filling:

- 1 tablespoon rice bran oil
- 350g beef mince
- 1/2 cup leek (finely chopped)
- 2 cloves garlic (finely chopped)
- 1/4 cup chives (finely chopped)
- 2 tablespoons Magic Sauce (Refer to recipe)
- Salt

Chicken Filling:

- 1 tablespoon rice bran oil
- 300g chicken mince
- 1 cup cabbage (finely shredded)
- 2 spring onion (finely chopped)
- 1 clove garlic (crushed)
- 2 tablespoons Magic Sauce (Refer to recipe)
- Salt

Sweet Potato Filling:

- 350g sweet potato (peeled and roughly chopped)
- 1/2 tablespoon Magic Sauce (Refer to recipe)
- 1 spring onion (finely chopped)
- 1 clove garlic (crushed)
- 2 tablespoons chives (finely chopped)

Vegetable Filling:

- 2 teaspoons rice bran oil
- 150g cabbage (finely chopped)
- 1 clove garlic (crushed)
- 1 spring onion (finely chopped)
- 1 tablespoon Magic Sauce
- 1 cup cashews

For the dumplings:

- Small rice paper sheets
- Rice bran oil

To serve:

- Magic Sauce (Refer to recipe)
- Steamed rice

Directions

Beef Filling:

1. Heat the oil in a frying pan. Add the garlic and leek and cook for a few minutes until soft. Add the meat and fry until cooked through. Drain off any excess oil then add the chives and sauce and season with salt. Mix to heat through then remove from the heat and set aside to cool.

Chicken Filling:

2. Heat the oil in a frying pan. Add the garlic and spring onions and cook for a few minutes until soft. Add the meat and fry until cooked through. Drain off any excess oil then add the cabbage and cook for a few minutes until softened. Add the sauce and season with salt. Mix to heat through then remove from the heat, drain off any excess liquid and set aside to cool.

Sweet Potato Filling:

3. Cook and mash the sweet potato. Add the remaining ingredients and mix until well combined.

Vegetable Filling:

4. Heat the oil in a frying pan. Add the garlic and spring onions and cook for a few minutes until soft. Add the cabbage and cook for a few minutes until softened. Add the sauce and cashews. Mix to heat through then remove from the heat and set aside to cool slightly. Once cool enough transfer to a blender or food processor and blend until almost smooth, but a bit grainy.

To make the dumplings:

5. Preheat the oven to 200°C and line a tray with baking paper.
6. Soak a sheet of rice paper in warm water until pliable. Place into a gyoza mold and fill with filling of choice. Close over the mold and trim off the excess rice paper. Remove from the mold and place on the prepared tray.



7. Alternatively, lay the rice paper out flat, place the filling in the centre and fold the sides up, twisting the top to seal.



8. Once all the dumplings are ready brush the tops with oil and bake for 20 - 25 minutes until golden brown on top.

Serve:

9. Serve hot, with rice and Magic Sauce for dipping.

Note

Low Chemical / FAILSAFE, Moderate Salicylates

The chicken, beef and vegetable fillings are low chemical. The sweet potato filling has moderate salicylates.

Refer here for Failsafe Foodie's [Magic Sauce](#) recipe.

Each of the fillings yields various quantities of dumplings. These and the preparation times are listed below.

Beef: 15 minutes prep., makes 15

Chicken: 15 minutes prep., makes 17

Sweet Potato: 30 minutes prep., makes 13

Vegetable: 20 minutes prep., makes 12

It took me 30 minutes to prepare 15 dumplings once the fillings were ready.