

Pork and Shiitake Mushroom Pot Stickers

These pot stickers are easily frozen. Spread them out on a baking sheet sprinkled with cornstarch; be careful that none are touching each other. Freeze 10 minutes or until firm. Place in a large zip-top freezer bag with 1 teaspoon cornstarch. Freeze for up to 2 months. Follow recipe instructions, placing frozen dumplings in pan and increase steaming time by 2 minutes. Any leftover wrappers freeze well. From Cooking Light magazine, March 2014.

2 tablespoons dark sesame oil

3/4 cup thinly sliced green onions, divided

1 tablespoon minced garlic

1 tablespoon grated peeled fresh ginger

4 ounces thinly sliced shiitake mushroom caps

5 tablespoons lower-sodium soy sauce, divided

1 tablespoon hoisin sauce

1/2 teaspoon freshly ground black pepper

14 ounces lean ground pork

40 gyoza skins or round wonton wrappers

Cornstarch

1/4 cup hot water

2 tablespoons brown sugar

2 tablespoons rice wine vinegar

1 1/2 tablespoons sambal oelek (ground fresh chile paste, aka Rooster sauce)

Cooking spray

HEAT a large skillet over high heat. Add sesame oil to the pan; swirl to coat. Add 1/2 cup onions, garlic, ginger and mushrooms; stir-fry 3 minutes. Remove from pan; cool slightly. Combine mushroom mixture, 1 tablespoon soy sauce, hoisin sauce, pepper and pork in a medium bowl.

ARRANGE 8 gyoza skins on a clean work surface; cover remaining skins with a damp towel to keep them from drying. Spoon about 1 1/2 teaspoons pork mixture into center of each skin. Moisten edges of skin with water. Fold in half; press edges together with fingertips to seal. Place on a baking sheet sprinkled with cornstarch; cover to prevent drying. Repeat with remaining gyoza skins and pork mixture.

COMBINE 1/4 cup hot water and brown sugar in a small bowl, stirring until sugar dissolves. Add remaining 1/4 cup green onions, remaining 1/4 cup soy sauce, vinegar and chile paste, stirring with a whisk until well combined.

HEAT a large heavy skillet over high heat. Generously coat pan with cooking spray. Add 10 pot stickers to pan; cook 30 seconds or until browned on one side. Turn pot stickers over; carefully add 1/3 cup water to the pan. Cover tightly with a lid; steam 4 minutes. Repeat batches with remaining pot stickers and more water or follow freezing instructions in headnote. After cooking, serve immediately with dipping sauce.

Yield: about 40 pot stickers.