

SHITAKE & EDAMAME POTSTICKERS

By Virgil Kahn ~ Indochine

Ingredients (makes 20-25 potsickers)

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CASHEW NUT BUTTER

1 cup raw unsalted cashew nuts

DIPPING SAUCE

1/2 cup low sodium soy sauce
juice of a 1/2 lemon
1 spring onion (chopped)
1 chopped chili (chopped)
1/2 a ginger (finely chopped)

FILLING

1/2 brown onion
1 garlic clove
500g shitake mushrooms
1/4 cup Edamame beans
Salt and pepper to taste
soy sauce to taste

POTSTICKER DOUGH

285g all purpose flour
150ml boiling water
1 tsp salt

Paired with *Delaire Graff Estate Swartland Reserve Chenin Blanc 2019*

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Method

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FOR THE CASHEW NUT BUTTER

In a pot, cover the cashews with water and cook until soft. Strain the cashews and place in a food processor, blend until smooth. Let cool.

FOR DIPPING SAUCE

Add together 1/2 cup low sodium soy sauce with the juice of 1/2 a lemon. Add chopped spring onion, chili and ginger.

FOR THE FILLING

In a pot, caramelize the onion and garlic. Add the chopped shitake mushrooms and fry until browned. Season with low sodium soy sauce and remove from the heat. Add edamame beans and pulse in a food processor. Adjust seasoning with salt and pepper if needed. Let cool before folding dumplings.

FOR THE POTSTICKER DOUGH

Mix flour and salt together. Create a well in the middle. Add hot water slowly, while mixing with a wooden spoon until flour forms clumpy bits. Knead the dough clumps by hand to form soft dough ball. If the mixture is too sticky, add a little more flour. You should have a soft dough that is not sticky and firm enough to hold its shape. Let the dough rest for 1 hour before using. Lightly dust work bench with flour and roll dough out as thinly as possible. Using a biscuit cutter (10cm in diameter) cut out sheets. Use immediately.

FOR POTSTICKERS

Fill each sheet with about 1 heaped teaspoon of filling in the centre of the dough. Fold in edges over each other to form dumpling and twist the folds while cupping the base in the palm of your hand. Heat pan with 1 teaspoon of oil and 1 tablespoon of butter, add potstickers and fry until base is golden brown. Flip potstickers over, season with low sodium soy sauce and cover, add a little water if soy is reducing too fast. Remove potstickers when dough is cooked through. Serve with cashew butter and soy dressing on the side.