



## "Gung Hay Fat Choy" New Year Potstickers

By Erin Fletter

**Prep Time** 40 / **Cook Time** 10 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**pan-fry:** to cook in a pan in a small amount of fat.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**steam:** to cook food by heating it in the steam from boiling water.

**seal:** to close tightly, keeping filling inside.

### Equipment

- ☐ Skillet
- ☐ Cutting board + kid-safe knife
- ☐ Mixing bowl
- ☐ Metal spoon (for peeling ginger)
- ☐ Grater
- ☐ Small bowl
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Heat-resistant spatula or tongs

### Ingredients

"Gung Hay Fat Choy" New Year Potstickers

- ☐ 1/2 lb cabbage (any kind)
- ☐ 1 garlic clove
- ☐ 2 green onions
- ☐ 1 tsp grated fresh ginger, from a 2" piece
- ☐ 1 green apple
- ☐ 1 large carrot
- ☐ 2 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 2 tsp rice vinegar
- ☐ 1 tsp arrowroot starch
- ☐ 2 T toasted sesame oil **\*\*(for SESAME ALLERGY sub olive or vegetable oil)\*\***
- ☐ 1 package wonton wrappers **\*\*(for GLUTEN ALLERGY sub rice paper wrappers)\*\***
- ☐ 3 T olive oil

## Food Allergen Substitutions

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**Gluten/Wheat:** Substitute coconut aminos for soy sauce. Substitute rice paper wrappers for wonton wrappers.

**Soy:** Substitute coconut aminos for soy sauce.

**Sesame:** Substitute olive or vegetable oil for sesame oil.

## Instructions

"Gung Hay Fat Choy" New Year Potstickers

### intro

"Nǐ hǎo" (Nee how) or "Hello" in Mandarin Chinese! Today we are preparing a popular Chinese New Year treat: potstickers! "Gung Hay Fat Choy" or "Happy New Year" in Cantonese Chinese!

### chop + mince + combine

Chop **1/2 pound cabbage** into tiny pieces. Mince **1 garlic clove** and **2 green onions**. Combine veggies into a mixing bowl.

### peel + grate + combine

Peel **1 2 inches piece of ginger** using a small metal spoon. Grate **1 teaspoon of fresh ginger** and add to a small bowl. Grate **1 green apple** and **1 carrot**. Combine grated ginger, apple, and carrot with chopped and minced veggies.

#### measure + whisk + sauté

Measure and whisk together **2 tablespoons soy sauce**, **2 teaspoons rice vinegar**, and **1 teaspoon arrowroot starch**. Heat **2 tablespoons of toasted sesame oil** in a skillet and sauté veggies until soft. Add soy sauce mixture and continue cooking for about 30 seconds. Turn off heat and scoop veggies into a bowl.

#### trace + spoon + seal

Using wonton wrappers, dip a finger in water and trace the edges of each wrapper. Spoon 1 to 2 teaspoons of sautéed veggies in the middle of each wrapper. Fold over in half or diagonally and press the edges to seal the filling closed. Repeat until all of the veggie mixture is used.

[pan-fry + steam + dip]

Adult steps: Coat the bottom of a skillet with **3 tablespoons of olive oil**. Once the oil is hot but not smoking, carefully add the potstickers and fry until golden brown. Then turn over each potsticker and add **1/4 to 1/2 cup of water** to the skillet. Cover and let potstickers finish cooking by steaming for another 1 to 2 minutes. Remove potstickers from the pan and enjoy with Chinese Sweet Five-Spice Dipping Sauce (see recipe)!

## Featured Ingredient: Ginger!

Hi! I'm Ginger!

"My name is Ginger, and I'm happy to make your acquaintance! You may have tasted me in lots of sweet foods and drinks, like gingerbread, ginger snap cookies, pumpkin pie, and ginger ale. But, I also add my unique flavor to savory dishes, like stir-fries and potstickers! If you use my fresh rhizome or root in a recipe, delicately peel my beige, papery skin (the back of a metal spoon works great!) and grate my juicy flesh into the food! I also come in a dried and ground form and as crystallized ginger. As a bonus, I might even make your tummy ache feel better!"

### History

Ginger is a native plant of India and China and is a common cooking spice used throughout the world. Ginger is one of the oldest plants used for medicine.

Which spices do you think are most commonly found on kitchen tables around the world? If you said salt and pepper, you'd be right! It truly depends on where you are in the world. In the ninth century, Europeans placed powdered ginger on the table alongside salt and pepper.

A long, long time ago, ginger was used to preserve food and keep it from getting rotten.

Greeks used to eat ginger wrapped in bread to treat digestive problems. After a while, they added ginger to bread dough to create the first recipe for gingerbread!

Ginger grows in many tropical countries, including the Caribbean islands. However, ginger from Jamaica is considered by many to be the best! Do you know where your ginger originated?

Ginger is also grown in Florida, Hawaii, and along the eastern coast of Texas.

## Anatomy & Etymology

Related to cardamom and turmeric, the ginger plant is part of the Zingiberaceae or Ginger family. We use the "rhizome" part of the plant, which are underground stems. Sometimes we can eat the rhizome part of a plant, and sometimes we can't! For example, bamboo plants are rooted underground by rhizomes, but the rhizome is not the part of the plant we eat—instead, we eat the bamboo shoots that come up out of the ground. But we do eat the rhizomes of plants such as ginger, turmeric, and arrowroot!

Rhizomes are also the storage compartment of the plant. What do rhizomes store? Starches, proteins, and other nutrients—that's why we eat this part of the plant (because it's nutritious!).

Ginger Root is characterized by its aroma: it smells strong, sweet, and woody. Its skin is not something we eat—we peel the skin to reveal ginger's coarse, stringy, aromatic flesh.

The ginger plant looks like a reed and has been used in the kitchen and as medicine for the past 5,000 years. A ginger plant can reach three to four feet tall.

The word "ginger" comes from late Old English "gingifer," from medieval Latin "gingiber," from Greek "zingiberis," and from Pali, a Middle Indo-Aryan language "singivera."

## How to Pick, Buy, & Eat

Fresh ginger is available year-round, where you can find it in the grocery store produce section.

When selecting fresh ginger, choose robust, firm roots that feel heavy, and have a spicy fragrance and smooth skin.

Ginger root length is a sign of age, and mature rhizomes will be spicier and more fibrous than younger roots.

Ginger should not be cracked or withered—these are signs of aged ginger past its prime.

To store ginger root, wrap it in a paper towel or plastic wrap or put it in a plastic bag before placing it in the refrigerator for two to three weeks. You can also freeze it for up to three months.

According to many chefs and cooks, fresh ginger is best and can be added to sauces, soups, and stews.

Dried and powdered ginger has a more spicy, intense flavor and is often used in baked desserts like gingerbread, gingersnaps, and ginger cake.

Ginger can be sliced, minced, grated, or left whole to steep in recipes (minced ginger has the most intense flavor). It can also be dried, pickled, crystallized, candied, or preserved.

Ginger tastes sweet, spicy, and pungent and increases flavor in a range of dishes, from stir-fried beef or tofu to ginger tea.

## Nutrition

Ginger continues to be used to treat nausea and to prevent seasickness.

Ginger may also have anti-inflammatory properties and increase digestive function.

Despite its natural properties, any medicinal use of ginger should be discussed with a doctor. Limiting the amount you take will help avoid heartburn. It may also interfere with anticoagulant medicine.