



Beef Pot Stickers

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz chives green yellow finely chopped
- 1.8 cups flour all-purpose
- 1 tablespoon ginger fresh minced peeled
- 0.5 cup ground beef
- 1 tablespoon vegetable oil; peanut oil preferred
- 1 teaspoon korean black bean paste sweet chinese
- 1 tablespoon sesame oil
- 1.5 tablespoons soya sauce

- 0.3 cup water
- 0.8 cup water

Equipment

- bowl
- frying pan
- pot
- plastic wrap
- wooden spoon
- rolling pin
- pot holder

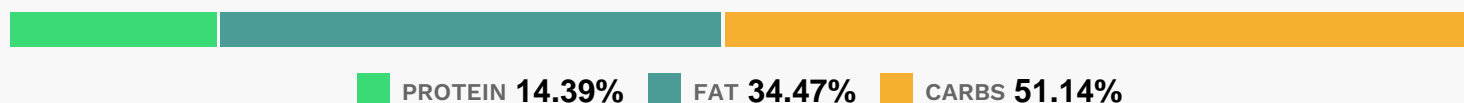
Directions

- Put 1 3/4 cups flour in a large bowl, then add boiling-hot water, stirring with a wooden spoon until a shaggy dough forms. When just cool enough to handle, turn out dough (including any loose flour) onto a work surface and knead, incorporating some of remaining 1/4 cup flour if dough is sticky, until smooth, about 5 minutes.
- Form into a ball and wrap in plastic wrap.
- Let stand at room temperature at least 10 minutes and up to 3
- Stir together beef, soy sauce, oils, ginger, and bean paste in a medium bowl, then stir in chives.
- Form dough into a log (24 inches long and about 1 inch wide), then cut dough crosswise into 24 (1-inch-wide) pieces. Put 6 pieces, cut sides down, on a lightly floured surface (keep remaining pieces loosely covered with plastic wrap) and flatten slightly with your hand.
- Roll out each flattened piece into a 3 1/4-inch round with lightly floured rolling pin. Put a level tablespoon of filling in center of each round, then brush or dab halfway around edge with a little water and fold in half, pressing edges together to seal and leaving a small opening at each end of semicircle. Stand each dumpling, sealed edge up, on a wax-paper-lined tray, then press dumplings slightly onto 1 side so more of dumpling touches tray. Make more dumplings in same manner.
- Heat oil in a 12-inch nonstick skillet over moderate heat until hot, then remove from heat and arrange dumplings in a tight circular pattern standing up in oil (they should touch one

another). Cook, uncovered, over moderate heat until oil sizzles, then drizzle warm water (1/3 cup) over pot stickers and cook, covered, until bottoms are browned, 8 to 10 minutes.

- Add 2 tablespoons more water if skillet looks dry before bottoms are browned.
- Remove lid and cook, shaking skillet to loosen pot stickers, until steam dissipates, 1 to 2 minutes. Invert a large plate with a rim over skillet. Using pot holders, hold plate and skillet together and invert skillet.
- Remove skillet and serve pot stickers warm.
- Dumplings can be formed 4 hours ahead. Chill in 1 layer, not touching, on wax-paper-lined tray, loosely but completely covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:5.11, Inflammation Score:-3, Nutrition Score:3.2891304841994%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 58.99kcal (2.95%), Fat: 2.25g (3.46%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.06g (2.57%), Sugar: 0.28g (0.31%), Cholesterol: 3.33mg (1.11%), Sodium: 66.95mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin K: 15.29µg (14.56%), Vitamin A: 308.51IU (6.17%), Folate: 24.68µg (6.17%), Selenium: 3.87µg (5.53%), Vitamin B1: 0.08mg (5.32%), Vitamin C: 4.13mg (5.01%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.83mg (4.14%), Iron: 0.66mg (3.66%), Vitamin B2: 0.06mg (3.64%), Phosphorus: 22.92mg (2.29%), Zinc: 0.31mg (2.04%), Fiber: 0.44g (1.78%), Vitamin B12: 0.1µg (1.67%), Magnesium: 6.46mg (1.62%), Vitamin B6: 0.03mg (1.58%), Copper: 0.03mg (1.55%), Potassium: 46.98mg (1.34%)