



Mushroom Potstickers

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp canola oil divided
- ☐ 1 eggs beaten
- ☐ 8 ounces mushroom caps fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 ounces mushrooms dried such as maitake, wood ear, or oyster (see notes)
- ☐ 0.5 teaspoon salt
- ☐ 2 tsp sesame oil toasted
- ☐ 1 tablespoon shallots minced

- ☐ 1 tbsp soya sauce
- ☐ 36 gyoza wrappers (round Japanese potsticker) (see Notes)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Put dried mushrooms in a bowl, cover with 2 cups boiling water, and let sit until tender, about 30 minutes.
- ☐ Drain, reserving soaking liquid; finely chop mushrooms.
- ☐ Heat 1 tbsp. oil in a large frying pan over medium-high heat.
- ☐ Add shiitakes and cook, stirring occasionally, until they start to release their liquid.
- ☐ Add shallot, garlic, and salt. Cook, stirring, until fragrant, about 30 seconds.
- ☐ Add dried mushrooms and 1/2 cup soaking liquid. Cook, stirring, until liquid has evaporated, 3 minutes.
- ☐ Transfer mixture to a large bowl and let cool to lukewarm. Stir in soy sauce and sesame oil; add more if you like. Stir in egg.
- ☐ On a clean work surface, lay down a wrapper. Put about 1 tbsp. mushroom mixture in the center. Dampen edges of wrapper with water, fold in half, and seal. Put dumpling on a baking sheet or dry work surface. Continue with rest of wrappers and filling.
- ☐ In a large nonstick frying pan, heat 2 tsp. oil over medium-high heat.
- ☐ Place as many dumplings in pan as will fit without touching. Cook until bottoms of dumplings are brown, 2 to 3 minutes.
- ☐ Add 3/4 cup reserved soaking liquid or water, cover, and cook until liquid is absorbed and bottoms are sizzling again, 3 to 5 minutes.
- ☐ Transfer to serving dish and repeat with remaining dumplings.
- ☐ Serve hot or warm.

Nutrition Facts



 PROTEIN **12.63%**  FAT **32.46%**  CARBS **54.91%**

Properties

Glycemic Index:3.86, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.461739126107%

Nutrients (% of daily need)

Calories: 35.68kcal (1.78%), Fat: 1.29g (1.99%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.6g (1.67%), Sugar: 0.21g (0.23%), Cholesterol: 5.22mg (1.74%), Sodium: 105.54mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Selenium: 2.98µg (4.25%), Vitamin B3: 0.72mg (3.58%), Manganese: 0.07mg (3.4%), Vitamin B2: 0.05mg (3.13%), Vitamin B1: 0.04mg (2.8%), Folate: 8.23µg (2.06%), Iron: 0.32mg (1.79%), Phosphorus: 17.51mg (1.75%), Vitamin B5: 0.14mg (1.36%), Vitamin B6: 0.03mg (1.35%), Copper: 0.03mg (1.29%), Fiber: 0.32g (1.28%), Vitamin E: 0.15mg (1.02%)