Food Explorers

Veggie Potsticker Party

China | Cooking

Spotlight: Napa cabbage

In China, families gather around one table to fold dumplings together — grandparents, parents and children all folding and talking. It is not just cooking, it is a get-together.

Ingredients (makes 8–14 portions)

- 30–45 round dumpling wrappers (egg-free)
- 1/2–1 head Napa cabbage
- 2–3 carrots
- 1 bunch green onions
- 1/2–3/4 tsp ground ginger
- 2–3 Tbsp soy sauce
- 1–1 1/2 tsp sesame oil
- 2–3 Tbsp rice vinegar
- 3–4 Tbsp cooking oil
- 1 Tbsp salt

Steps

1. Salt the chopped cabbage and wait 5 minutes, then squeeze the water out over a bowl. Look how much comes out — this is the secret to crispy, never soggy, dumplings.
2. Mix the squeezed cabbage with the carrot, green onion, ginger, soy sauce and sesame oil.
3. Put one teaspoon of filling on a wrapper. Dip one finger in water and run it around the edge like drawing a rainbow — that water is the glue.
4. Fold in half, press out the air, and seal. Add pleats if you like.
5. An adult pan-fries them: sizzle 2 minutes, add a splash of water, then cover with a lid for 4 minutes. Listen for the sound.
6. Mix soy sauce with rice vinegar for dipping, then dip and devour.

Substitutions: Gluten-free: rice-flour wrappers and tamari. Dairy-free: naturally dairy-free. Egg-free: choose egg-free wrappers — check the package, as many contain egg.

Cooking this at home: For about ten dumplings, use a quarter head of Napa cabbage, 1 carrot, and 1 Tbsp soy sauce. This is the recipe most worth repeating at home — the folding is what makes it a family evening rather than a meal.