

**SHOW 262**  
**GYOZA**  
**STEAMED PORK DUMPLINGS**  
**TORI NO TERIYAKI**  
**CHICKEN TERIYAKI**  
**SUNOMONO**  
**CUCUMBER SALAD**

The wonderful tastes of Japan are presented in today's menu.

Our first offering is a delightful Steamed Pork Dumpling—Gyoza—the Chinese call them Pot Stickers), frequently served as a first course, but often make a main dish for a Japanese meal. A seasoned pork mixture is stuffed into a pastry skin called Gyoza skins. They are small circles (about two inches) of dough which are readily available in Oriental food stores and even in some supermarkets. The skin is folded over the filling and the edge pleated. This is an easy task once you see it done, however, there is available a small plastic utensil in gourmet shops which makes it easier. We demonstrate both today. The dumplings are first browned on one side, then steamed. Served with browned side up, they make a fascinating display and provide a fantastic taste. A dipping sauce accompanies.

Our main meal is a simple one. Tender chicken breasts and thighs (deboned) are sauteed in a little oil then glazed with a sweet soy marinade called Teriyaki sauce. The resulting glaze gives a distinct flavor to the mild chicken.

A Vinegared Cucumber Salad—Sunomono—offers a crisp, yet softened, clean taste to accompany the chicken.

A Japanese meal without rice is not Japanese, hence we serve bowls of glutenous rice to receive our glazed chicken. For rice recipe, please see page 11.

### SUNOMONO

4 tbs Vinegar  
 1/3 tsp Salt  
 1/3 tsp Sugar  
 2 large Cucumbers  
 1 cup Small, boiled shrimp,  
 shelled and de-veined  
 1 tbs Additional vinegar

- Blend together vinegar, salt, and sugar.
- Peel cucumber leaving 1/8 inch strips of green skin every 1/2 inch.
- Slice in half (if large) and scoop out seeds.
- Slice into very thin slices.
- Sprinkle slices with salt and let rest for 15 minutes.
- Drain and squeeze out liquid.
- Rinse in water and drain again.
- Sprinkle 1 tablespoon of above vinegar mixture and mix well.
- Squeeze out liquid again.
- Add shrimp to cucumber.
- At serving, mix with additional vinegar.

### VINEGARED CUCUMBER SALAD

### GYOZA

1/2 cup Soy Sauce  
 3 tbs Rice vinegar  
 1 tsp Fresh ginger, grated  
 2 cloves Garlic, chopped  
 1 tsp Sesame oil  
 1 tsp Sugar  
 1 lb Ground lean pork  
 3 tbs Soy sauce  
 1 tsp Sesame oil  
 1 cup Oriental cabbage (napa),  
 shredded and chopped  
 1/2 cup Mushrooms, chopped  
 1/4 cup Bamboo shoots, chopped  
 4 tbs Additional fresh  
 ginger, grated  
 25-30 Gyoza skins  
 Oil  
 Hot water

### STEAMED PORK DUMPLINGS

- Prepare dipping sauce by blending together the soy sauce, vinegar, ginger, garlic, sesame oil, and sugar.
- Set aside.
- Prepare filling by mixing together the pork, soy sauce, sesame oil, cabbage, mushrooms, bamboo shoots, and ginger.
- Place 2 teaspoons of pork mixture in the center of a Gyoza skin.
- Brush edge with water.
- Fold in half to make a semi-circle.
- Pleat the joined edges by hand or use a small plastic utensil made for that purpose.
- Repeat process until all skins are stuffed.
- Heat about 1 tablespoon oil in a skillet.
- Place about 12 dumplings, pleated side up, in a skillet OR
- If you have a griddle, place dumplings on oiled and heated surface.
- Cooking on high heat, brown the underside of dumplings.
- Pour hot water in skillet (about 1/2 inch), cover, and reduce heat.
- If using a grill, sprinkle 2 or 3 tablespoons of water around dumplings, cover with a pot lid or baking pan to fit.
- Add more water from time to time on grill.
- Steam dumplings until no water left in skillet, (about 5 minutes on grill).
- Remove cover.
- Place plate over skillet and reverse, OR using a spatula, remove from grill.
- Arrange on serving dish with browned side up.
- Serve hot with dipping sauce on side.

### TORI NO TERIYAKI

1/2 cup Soy sauce  
 1/2 cup Sake wine  
 1/4 cup Mirin (cooking wine)  
 2 tbs Sugar  
 8 Chicken breasts, deboned  
 and skinned  
 8 Chicken thighs, deboned  
 and skinned  
 3 tbs Peanut oil  
 Ginger, pickled

### GRILLED CHICKEN WITH TERIYAKI SAUCE

- Make teriyaki sauce by blending well the soy sauce, sake, mirin, and sugar.
- Place chicken pieces in a hot, lightly oiled skillet over medium heat.
- Brown about 3 minutes.
- Dip pieces in teriyaki sauce.
- Turn pieces over, lower heat, and cover.
- Cook about 5 minutes.
- Brush with sauce halfway through cooking.
- Brush again at end of cooking.
- Remove to cutting board.
- Cut in half down center (long way).
- Cut across at 3/4 inch intervals.
- With a spatula place on a serving plate.
- Serve with sweet pickled ginger slices.