

Asian Pot-Stickers

3/4 pound ground Turkey or other meat
1 cup minced Nappa cabbage
2 tablespoons minced ginger
1 tablespoon minced garlic
6 scallions, white part, minced (with green tops reserved and minced)
2 tablespoons good soy sauce
48 won ton wrappers
Small bowl of water
4 tablespoons peanut oil or vegetable oil, more or less
Dipping sauce (recipe follows)

Dipping sauce: Combine 1/4 cup good soy sauce, green parts of scallion and 1/4 cup rice vinegar or white vinegar, 1 tsp. Chinese chili sauce optional.

Season Ground Turkey with salt and pepper. Add 2 Tbsp. Canola oil to skillet when hot add ground turkey, stir and crumble turkey while it's cooking. When turkey is cooked and crumbled, drain and place in large bowl.

Combine meat, cabbage, ginger, garlic, scallion whites and soy sauce in a bowl with 1/4 cup water.

Lay a wrapper on a clean, dry surface, and using your finger or a brush, spread a bit of water along half of its circumference. Place a rounded teaspoon of filling in center, fold over and seal by pinching edges together. (Do not overfill.) Place dumplings on a plate; if you want to wait a few hours before cooking, cover plate with plastic wrap and refrigerate. Or freeze, for up to 2 weeks.

To cook, put about 2 tablespoons oil in a large, nonstick skillet and turn heat to medium-high. A minute later, add dumplings, 1 at a time; they can touch one another, but should still sit flat in one layer. Cook about 2 minutes, or until bottoms are lightly browned. Add 1/4 cup water per dozen dumplings to pan, and cover. Lower heat to medium, and let simmer about 3 minutes.

Uncover dumplings, return heat to medium-high and cook another minute or 2, until bottoms are dark brown and crisp and water evaporates. (Use more oil if necessary.) Serve hot, with sauce. Makes 8 appetizer servings.

PER SERVING: Cal 319 (41% fat) Fat 14 g (4 g sat) Fiber 1 g Chol 59 mg Sodium 1,295 mg Carb 32 g Calcium 50 mg