

Yaki Mandu

Oscar · 29/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

25

Description

Yaki Mandu is a Korean dumpling that can be steamed or fried. They look a lot like Chinese potstickers. Yaki means fried in Japanese and Mandu means dumpling in Korean. They're great for parties or as an appetizer. There's a lot of prep in making these and they take some time, but as quick as you can fry them, they'll be gone.

Ingredients

- 1 pound ground beef - 1 ½ cups vegetable oil for frying - ½ cup finely chopped green onions - ½ cup finely chopped cabbage - ½ cup finely chopped carrot - ½ cup minced garlic - 4 teaspoons sesame oil
- divided - 1 tablespoon toasted sesame seeds - ½ teaspoon monosodium glutamate (such as Ac'cent®) - salt and ground black pepper to taste - 2 eggs - 1 (16 ounce) package wonton wrappers - 3 tablespoons soy sauce - 2 teaspoons rice wine vinegar - 1 teaspoon toasted sesame seeds
- or more to taste

Instructions

1. Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly
2. 5 to 7 minutes; drain and discard grease. Heat vegetable oil in a separate skillet over medium heat. Mix green onions
3. cabbage
4. carrot
5. garlic
6. 1 tablespoon sesame oil
7. 1 tablespoon sesame seeds
8. monosodium glutamate
9. salt
10. and pepper into ground beef mixture; cook and stir until liquid is evaporated and vegetables are tender
11. 5 to 10 minutes. Transfer beef mixture to a bowl and mix in 1 egg. Crack the second egg into a bowl and beat well. Hold 1 wonton wrapper in the palm of your hand and brush a thin layer of beaten egg on 1 edge. Scoop about 1 teaspoon beef mixture into the center of the wrapper. Fold wrapper in half
12. corner to corner
13. to make a triangle and pinch the edges shut
14. crimping with your fingers to make a seal. Press the air out by cupping your fingers over the dumpling in your palm and pressing lightly. Fry wontons in the hot oil until 1 side is browned
15. 2 to 3 minutes. Flip and cook until other side is browned
16. 2 to 3 minutes. Transfer wontons to a paper towel-lined plate to drain using a slotted spoon. Whisk soy sauce
17. rice wine vinegar
18. 1 teaspoon sesame oil
19. and 1 teaspoon sesame seeds together in a bowl until dipping sauce is smooth. Serve alongside wontons. Cook's Note Since the veggies release a lot of water while cooking
20. and if you are using meat with a higher fat content
21. I recommend reducing the mixture to remove excess liquid. Too much liquid can cause the wrappers to break.