

Potstickers

Ingredients and Materials:

1/4 pound of ground chicken or pork
1 tablespoon of teriyaki marinade
wonton wrappers (number needed will vary)
cooking spray
water to seal wrappers and to steam
small bowl and measuring cup for water
mixing bowl
spoon to mix
12” fry pan with a lid to fit

Directions:

- clean your work surface off with a disinfectant wipe and wash your hands
- in a mixing bowl, use a fork to combine the ground meat with the tablespoon of teriyaki marinade
- take 1 wonton wrapper and place on your work surface
- using your finger, lightly moisten all four outside edges of the wonton wrapper with water
- place about a teaspoon of meat in the center of the wrapper **DO NOT OVER STUFF!**
- fold over 2 opposite corners the wrapper on itself
- press down the edges and around the meat to seal shut
- place completed potstickers on a plate and repeat steps to make potstickers until all meat is gone
- **WASH YOUR HANDS AND USE A DISINFECTANT WIPE TO CLEAN WORK SURFACE WHEN DONE!**
- heat fry pan above a medium heat and lightly spray with cooking spray
- when pan is hot, place potstickers in pan, but do not crowd
- let the potstickers cook for 2 to 3 minutes **WITHOUT TOUCHING!**
- Flip each potstickers over and pour about 1/3 cup water in pan **CAREFUL: PAN WILL SIZZLE, STEAM AND BUBBLE THE WATER!**
- cover the pan with a lid and let cook for another 2 to 3 minutes
- remove lid, **CAREFUL: LID MAY BE HOT!**, take out potstickers and place on a clean plate and continue cooking remaining potstickers
- serve warm with dipping sauce if you like
- **MAKE SURE TO WASH ALL DISHES IN HOT WATER AND SOAP SINCE WE WORKED WITH RAW CHICKEN/PORK!**

