

Asian Potstickers



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44345

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Vegetable Potstickers	6 Each	<p>or food safety and quality, heat before eating to an internal temperature of 165 degree F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add 0.5 oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350 degrees F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.</p>	640331
SAUCE GOCHUJANG PEPR	1/4 Cup	READY_TO_EAT Ready to use.	378581

Preparation Instructions

1. pour 3 bags of potstickers into a 4 inch steam table pan
2. add 32 oz of sauce stir well
3. bake at 350 for 20 mins stir, return to oven cook an additional 10-15 mins until internal temp reaches 165
4. serve with steamed Asian style veggies and Asian brown rice

Recipe notes: 72 servings per case of the potstickers 6 potstickers per serving 3 bags to 1 pan with 32 oz of sauce

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	320.00
Fat	7.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	1110.00mg
Carbohydrates	55.00g
Fiber	2.00g
Total Sugar	30.00g
Added Sugar	1.00g
Protein	13.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 25.90mg	Iron 2.20mg

Nutrition - Per 100g

No 100g Conversion Available