CULINARYORIGIN / JAPAN

焼き餃子 三種

Yaki-gyōza with three popular fillings



Own image (AI-generated)

JAP-005 | 36 pieces / 6 servings | Difficulty 3/5

Approx. 80 min

Katei ryōri / Izakaya / Pan-fried dumplings | Japan, nationwide

Planning estimate: approx. 100 min; the archived headline states 80 min. Follow the preparation schedule below.

For all three fillings and all the dumplings in this entry: allow about 70 min for preparation, test-cooking and folding, plus three batches of frying and steaming at up to about 9 min each, and plating. 80 min is tight for all varieties; ready-made gyōza wrappers are the specified ingredient.

Before you cook

Authenticity and sources

This editorial selection combines three Japanese gyōza profiles: pork with cabbage and nira, pork with shiso, and prawn. The macaroni poll from 2023 places cabbage gyōza at rank 1, shiso at rank 4 and steamed prawn gyōza at rank 5; it is neither a representative national statistic nor evidence for these exact fillings. Kikkoman documents the fry-and-steam method and its own cabbage and prawn variants, while S&B provides a shiso variant. Our complete quantities and combination are not exact translations of these different recipes. The aim is thin, tightly sealed wrappers, fully cooked fillings and crisp bases.

Timing and preparation

For all three fillings and all the dumplings in this entry: allow about 70 min for preparation, test-cooking and folding, plus three batches of frying and steaming at up to about 9 min each, and plating. 80 min is tight for all varieties; ready-made gyōza wrappers are the specified ingredient.

Ingredient clarification

Editorial combination. Cabbage amounts apply after blanching and squeezing. Three varieties for a total of 36 wrappers; cook surplus filling separately. Add steaming water according to pan and evaporation. Times are guides; measure the centre of the filling.

Ingredients (metric)

Wrappers & frying

36 pieces	Thin Japanese gyōza wrappers - 餃子の皮, 8-9 cm diameter
30 ml	Neutral vegetable oil - For three batches
240 ml	Boiling water - Starting amount for three batches; extra hot water as needed, depending on pan and evaporation
15 ml	Toasted sesame oil - ごま油, for the final frying
30 ml	Water - For sealing

① Classic: pork · cabbage · nira (12 pieces)

80 g	Minced pork, not too lean - 豚ひき肉
75 g	White cabbage - Working weight after blanching, cooling and firm squeezing; no fixed conversion to raw weight
25 g	Japanese long onion or spring onion - 長ねぎ
15 g	Garlic chives - ニラ, nira
3 g	Garlic - Finely grated
3 g	Ginger - Finely grated
8 ml	Japanese soy sauce - 濃口醤油
8 ml	Sake - 酒
8 ml	Oyster sauce - オイスターソース
8 ml	Toasted sesame oil - ごま油
5 g	Potato starch - 片栗粉, katakuriko
1 g	Salt - For this filling; pepper separately to taste
Not specified	White pepper - To taste; separated from the previous salt note

② Shiso: pork · ōba (12 pieces)

90 g	Minced pork, not too lean - 豚ひき肉
60 g	White cabbage - Working weight after blanching, cooling and firm squeezing; no fixed conversion to raw weight
20 g	Japanese long onion or spring onion - Finely chopped
12 pieces	Large shiso leaves - 青じそ / 大葉
4 g	Ginger - Finely grated
8 ml	Japanese soy sauce - 濃口醤油
8 ml	Sake - 酒
5 ml	Toasted sesame oil - ごま油
5 g	Potato starch - 片栗粉
1 g	Salt - For this filling; pepper separately to taste
Not specified	White pepper - To taste; separated from the previous salt note

③ Prawn (12 pieces)

120 g	Raw peeled prawns - むきえび, deveined
75 g	White cabbage - Working weight after blanching, cooling and firm squeezing; no fixed conversion to raw weight
25 g	Japanese long onion or spring onion - Finely chopped
3 g	Garlic - Finely grated
3 g	Ginger - Finely grated
8 ml	Oyster sauce - オイスターソース
8 ml	Sake - 酒
5 ml	Japanese soy sauce - 濃口醤油
5 ml	Toasted sesame oil - ごま油
5 g	Potato starch - 片栗粉
Not specified	White pepper - To taste

Classic tare

45 ml	Rice vinegar - 米酢, komezu
30 ml	Japanese soy sauce - 濃口醤油
Not specified	Japanese chilli oil - ラー油, rāyu

Method

01 Prepare and weigh the cabbage

Have more trimmed raw cabbage ready than the required prepared weight. Chop finely, blanch in batches for about 30-45 seconds, cool in cold water and squeeze firmly in a clean cloth. Only then weigh the listed cabbage amount for each filling. Variable water loss prevents an exact back-calculation of raw weight; use cooled cabbage.

02 Knead the classic filling

Mix the minced pork with the quantities of soy sauce, sake, oyster sauce, sesame oil, salt and pepper listed for this group until sticky. Work in the cabbage, long onion, nira, garlic, ginger and katakuriko. Cover and refrigerate; clean hands and tools after contact with raw pork.

03 Prepare the shiso filling

Mix the minced pork with its allotted soy sauce, sake, sesame oil, salt and pepper until sticky. Work in the cabbage, long onion, ginger and katakuriko. Finely slice half the dry shiso leaves and mix them in; halve the other half lengthwise and reserve for the wrappers. Refrigerate the filling.

04 Give the prawn filling texture

Chop two thirds of the prepared, patted-dry prawns into a sticky paste and cut one third into 5-7 mm pieces. Mix with this group’s oyster sauce, sake, soy sauce, sesame oil and pepper, then work in the cabbage, long onion, garlic, ginger and katakuriko. Cover and refrigerate.

05 Test-cook and plan the filling

Fry a small, flat sample of each mixture until fully cooked before tasting for seasoning. Never taste raw filling. The following gram amounts per wrapper are editorial folding guides, not a measured yield. Allocate one third of the wrappers to each variety. Cook surplus filling thoroughly and separately rather than forcing it all into the wrappers.

06 Fold the classic gyōza

Start with about 15-17 g filling per wrapper, using only as much as allows it to close without stretching. Lightly moisten the edge, fold over, make 5-6 pleats at the front, press out air and seal tightly. Shape a flat base.

Method (continued)

07 Enclose the shiso

Place half a reserved shiso leaf on each allotted wrapper. Start with about 14-16 g filling and seal as above. Reduce the filling for smaller wrappers; visible shiso is no reason to leave the seam open.

08 Shape the ebi-gyōza

Start with about 16-18 g prawn filling per wrapper and seal just as tightly. Keep only the small batch being worked on outside the refrigerator; refrigerate finished dumplings and remaining raw fillings, covered, until frying immediately afterwards. Do not lay a wet cloth directly on the dumplings.

09 Brown the bases

For the base recipe, plan three batches in a non-stick pan about 24-26 cm across with a tight-fitting lid. Spread 10 ml neutral oil per batch over medium heat and arrange up to 12 dumplings without crowding. Lightly brown for about 60-90 seconds, longer if needed. Cook larger recipe quantities in additional batches of the same size; distribute oil and water according to the pan and batch count.

10 Steam and check doneness

Briefly take the pan off the heat, carefully pour about 80 ml hot water in at the side and cover immediately, avoiding splashes. Return to medium heat and steam actively for an initial 4-5 min. Before frying dry, use a clean thin probe in the filling centres of several thick dumplings per batch: at least 70 °C for 2 minutes. Add a little hot water and continue covered cooking if necessary. Translucent wrappers or browned bases alone do not prove that the filling is cooked.

11 Finish until crisp

Only after adequate cooking, remove the lid and evaporate the remaining water. For the base batch, pour 5 ml sesame oil around the edge and fry for about 1-2 min until golden and crisp. Adjust the heat to prevent burning. Repeat with the other chilled varieties; timing also depends on wrappers, filling and hob.

12 Serve immediately

Mix the rice vinegar and soy sauce for the tare, adding rāyu to taste. Serve the gyōza in batches with crisp bases facing up. Cook surplus filling thoroughly and separately and serve alongside; it is not part of the planned dumpling count. Cool cooked leftovers promptly in shallow containers and refrigerate.

Archivist’s notes

Japanese gyōza wrappers are thinner and usually smaller than Chinese jiaozi wrappers. Thaw slowly in the refrigerator and always keep covered.

Nira is garlic chives, not ordinary chives; its aroma is part of the classic filling.

Shiso / ōba tastes cool, citrusy and anise-like. Korean perilla is related but larger and more strongly flavoured.

Combining prawn paste with small pieces gives both binding and bite. Do not purée in a blender until rubbery.

These cooking times are guides for freshly filled, chilled gyōza. Frozen dumplings need an adjusted steaming process and the same doneness check; do not simply apply the short fresh timings unchanged. Do not store raw fillings at room temperature.

Source status: the poll also compares cooking styles and different fillings, rather than providing a reliable ranking of our three recipes. The complete quantities remain editorial. Cabbage is now explicitly defined as prepared weight: a working definition, not a retrospectively verified original conversion. The planned 36 wrappers give 6 servings of 6 pieces, but may leave surplus filling.

Alternatives usable in Europe

Gyōza no kawa → thin Chinese dumpling wrappers; thick wonton wrappers only as a last resort.

Nira → garlic chives; if necessary, 10 g chives plus ½ small garlic clove.

Aojiso / ōba → Korean perilla leaves; basil or mint are not equivalent substitutes.

Katakuriko → potato starch; cornflour binds with a slightly different texture.

Rāyu → Japanese chilli oil; alternatively, neutral chilli oil without Sichuan pepper.

Nutrition

Nutrition not calculated: No reproducible calculation is documented for the mixed plate with three fillings. Wrapper weight and composition, pork fat content, squeezed cabbage weight, filling actually used and absorbed frying oil are not sufficiently documented. A serving remains 6 pieces, 2 of each filling; the former serving weight of about 170 g is unconfirmed. The tare is separate. Nutrition values in the linked Kikkoman source belong to its own recipe and cannot be transferred to this combination. Previous estimates have been archived.

Nutrient	Per 100 g	per serving
Energy	not calculated	not calculated
Protein	not calculated	not calculated
Fat	not calculated	not calculated
Carbohydrate	not calculated	not calculated
Salt	not calculated	not calculated

Documented sources

Rechecked on 19 October 2026. Comparison recipes, selection context and editorial working quantities distinguished; historical source cards retained. No cooking trial.

01 キッコーマン - 焼き餃子

Japanese | Accessed 22 July 2026

Open original source

02 S&B - 青じそ餃子 (comparison variant)

Japanese | Accessed 19 October 2026

Open original source

03 Kikkoman - 包まないえびにら餃子 (different prawn variant)

Japanese | Accessed 19 October 2026

Open original source

04 macaroni - gyōza poll 2023, selection context only

Japanese | Accessed 19 October 2026

Open original source

05 BfR - supplementary cooking and cooling guidance

German | Accessed 19 October 2026

Open original source

Keywords: Japan, Gyōza, Pork, Prawn, Shiso, Izakaya, Dumplings, Pan-fried