

Ginger Cow Gees With Chilli Lime Sauce

Equipment needed –

Small knives, chopping boards, graters, micro-plane, garlic crusher, non-stick frying pan, medium saucepan, bamboo steamer, baking paper, measuring spoons, teaspoons, juicer, 1 small bowl, pastry brush, 3 large serving platters and 3 small serving bowls.

Ingredients from the Garden –

- Small sweet potato, grated
- Small red capsicum, chopped finely
- 1 small bok choy, chopped finely
- spring onions, finely chopped
- 1 cup of bean sprouts finely chopped
- 1 clove of garlic crushed
- 1 tablespoon finely chopped fresh mint

Ingredients from the Pantry –

- cooking-oil spray
- 40 gow gee wrappers
- 2 tablespoons of soy sauce
- 2 teaspoons of sugar
- ¼ teaspoon sambal oelek

What to do –

1. Wash and grate the sweet potato.
2. Wash and finely chop red capsicum, bok choy, bean sprouts and spring onions.
3. Peel and crush 1 clove of garlic.
4. Finely grate the ginger using a microplane, grating enough for 2 teaspoons.
5. Wash and finely chop 1 tablespoon of fresh mint.
6. Coat a non-stick frying pan with cooking oil. Cook the capsicum, sweet potato, bok choy, spring onion, ginger and garlic, stirring, until the vegetables are just tender. Stir in the sprouts and the mint.
7. While the vegetables are cooking, fill a medium saucepan with water and bring to the boil.
8. Line the bamboo steamer with baking paper.
9. Once vegetables are cooked, place a rounded teaspoon of the vegetable mixture on the centre of each wrapper.
10. Brush the edges with water. Gather together in the centre and press firmly to seal.
11. Place the gow gees in a single layer on the baking-paper lined bamboo steamer, and cook covered for 20 minutes over simmering water.
12. To make the dressing measure out 1 tablespoon of soy sauce, 2 teaspoons of lime juice, 2 teaspoons of sugar and ¼ teaspoon of sambal oelek. Combine all ingredients in a small bowl and mix well.
13. Once the gow gees are tender, carefully remove from the steamer, and present on 3 serving platter.

Serves –

- Makes 40 serves.