



Chicken & Ginger Wontons

Season: All

Makes: 30 wontons

Fresh from the garden: chilli, egg, garlic, silverbeet, spring onions, Vietnamese mint or coriander

Recipe source: Adapted from a recipe by Desley Insall, Kitchen Specialist, Collingwood College, Victoria

The technique of folding and filling wonton wrappers is fun and fiddly. Maybe a relative, perhaps an experienced wonton maker, can be persuaded to come to the classroom to give a demonstration. There are many, many different filling recipes.

Wonton wrappers can be round or square, white or yellow. The yellow wrappers are made with eggs, flour and water; the white ones just with flour and water. Try both and decide whether one feels easier to work with. Wrappers deep-fried in a little clean vegetable oil and drained on kitchen paper make great crisps to use with vegetable dips!

Equipment:

large pot
metric measuring scales, cups and spoons
clean tea towels
chopping board
knives – 1 cook's, 1 small
bowls – 1 large, 2 small
whisk
2 mixing spoons
3 baking trays
teaspoons
small pot
tongs
serving plates
small serving bowls (for sauce)
teaspoons (for sauce)

Ingredients:

For the wontons:

1 egg
100 g chicken mince
1 tbsp fish sauce
1 garlic clove, peeled and finely chopped
2 cm knob of ginger, peeled and finely chopped
1 long red chilli, de-seeded and finely chopped
4 silverbeet leaves, finely chopped
6 spring onions, finely chopped
1 small handful of Vietnamese mint or coriander, finely chopped
olive oil, for greasing trays
square wonton wrappers – at least 30

For the dipping sauce:

1 tbsp sugar
2 tbsp malt vinegar
1 long red chilli, finely chopped
1 garlic clove, peeled and finely chopped
salt, to taste
¾ cup light soy sauce
2 tsp sesame oil



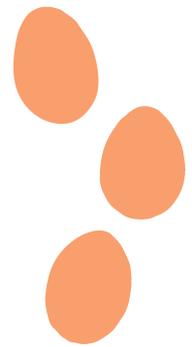


What to do:

1. Put a large pot of water on to boil.
2. Prepare all of the ingredients based on the instructions in the ingredients list.

Preparing the wontons:

1. Break the egg into a small bowl and whisk.
2. Put the chicken mince, egg, fish sauce, garlic, ginger and chilli into the large bowl with the finely chopped vegetables and herbs. Mix them together very well.
3. Lightly grease the baking trays with olive oil.
4. Place a small bowl of water within easy reach where you are going to form the wontons, and make sure the bench surface is clean and dry.
5. To make the wontons, put one wonton wrapper on the clean bench space with one point towards you like a diamond.
6. Put a teaspoonful of filling in the middle of the wrapper.
7. Wet the edges of the wonton with water, by dabbing your fingers in the bowl of water.
8. Gently fold the far corner of the wonton wrapper over the top of the mixture and bring it towards you to make a triangle shape with the filling inside.
9. Set each finished wonton on the greased trays and keep making wontons until all the filling is used up. (You should have enough to make about 30 wontons.)



Cooking the wontons and making the dipping sauce:

1. Divide the cooks into two groups. One group will make the dipping sauce; the other will cook the wontons.
2. To make the sauce, place the sugar and vinegar in a small pot over a low heat and stir until sugar is dissolved. Combine all of the ingredients together, mix well and allow to cool before serving.
3. To cook the wontons, ***use tongs to put the wontons in the large pot of boiling water.** Cook for about 3 minutes until wrappers appear evenly opaque and the filling is cooked inside.
4. Serve equal amounts of wontons on plates and drizzle with a little sauce. Put the rest of the sauce in serving bowls with a teaspoon so that people can spoon more sauce over their wontons if they want to.

* Adult supervision required.

