

Chicken and Vegetable Wontons

Serves: 40

Recipe source: based on a recipe from SAKGF

Fresh from the garden: chilli, silverbeet, spring onions, coriander, daikon.

Equipment:	Ingredients:
large saucepan	3 stock cubes
metric measuring scales, cups and spoons	3 litres of water
chopping board	1 egg
knives	125 g chicken mince
whisk	1 tbsp fish sauce
peeler	1 garlic clove, peeled and finely chopped
Grater	2 cm knob of ginger, peeled and finely chopped
spatula	1 long red chilli, de-seeded and finely chopped
Mixing bowls 1 large, 2 small	4 silverbeet leaves, finely chopped
baking tray, lined with baking paper	¼ of a daikon, peeled and grated
teaspoons	4 spring onions, finely chopped
slotted spoon	1 small handful of coriander, finely chopped
baking dish	40 square wonton wrappers
	Vegetable oil

What to do:

1. Prepare ingredients as detailed in the ingredients list.
2. Add stock cube to water and bring to the boil. Once boiling, turn down and simmer until the wontons are ready to be cooked.
3. Break the egg into the large bowl and whisk.
4. Add the chicken mince, fish sauce, garlic, ginger and chilli to the large bowl with the finely chopped vegetables and herbs. Mix them together very well.
5. Place a small bowl of water within easy reach of where you are going to form the wontons, and make sure the bench surface is clean and dry. Ask for a demonstration of the wonton folding method.
6. To make the wontons, put one wonton wrapper on the clean bench space.
7. Put a teaspoonful of filling in the middle of the wrapper.
8. Wet the edges of the wonton with water, by dabbing your fingers in the bowl of water.
9. Gently fold the wonton wrapper over the top of the mixture to make a rectangle shape with the filling inside. Make sure there are no air bubbles.

Twist the folded edge over on itself joining the corners together with a dab of water to secure the join.

10. Set each finished wonton on the lined tray and keep making wontons until all the filling is used up (You should have enough to make about 40 wontons.)
11. Bring the stock back up to the boil and cook the wontons in batches of 10 for about 2-3 minutes until they float to the top. Scoop out and place into oiled baking dish and keep warm until ready to serve.