

Steamed Chicken, Ginger & Vegetable Wontons

Season: Summer/Autumn

Makes: 30 wontons

Fresh from the garden: silverbeet, spring onions, Vietnamese mint

The technique of folding and filling wonton wrappers is fun and fiddly. Perhaps an experienced wonton maker, such as a relative, 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. By the way, wrappers deep-fried in a little clean vegetable oil make great crisps to use with vegetable dips! After the wontons are assembled, one group will make the dipping sauce; the other will cook the wontons.

Equipment:

metric measuring scales and spoons
clean tea towels
cook's knives – 1 large, 1 small
chopping board
bowls – 1 large, 1 medium, 2 small
whisk
mixing spoon
3 baking trays
teaspoons
large pot with bamboo steamer
tongs
aluminium foil
serving platters
4 small serving bowls (for sauce)

Ingredients:

For the wontons:

100 g chicken mince
2 eggs, whisked
1 tsp fish sauce
1 tsp chilli flakes
1 large handful of silverbeet, finely shredded
1 large knob of ginger, finely chopped
2 garlic cloves, peeled and finely chopped
6 spring onions, finely chopped
1 small handful of Vietnamese mint leaves, finely chopped
olive oil, for greasing trays
square wonton wrappers – at least 30

For the dipping sauce:

1 small handful of chives
2 tbsp sweet chilli sauce
2 tbsp soy sauce
2 tbsp rice wine vinegar
2 tsp fish sauce (or to taste)



What to do:

To assemble the wontons:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put the chicken mince, eggs, fish sauce and chilli flakes into the large bowl with the silverbeet, ginger, garlic, spring onions and Vietnamese mint.
3. Mix them together well.
4. Grease the baking trays lightly with olive oil.
5. Place a small bowl of water within easy reach of where you are going to form the wontons, and make sure the workbench is clean and dry.
6. Put one wonton wrapper onto the workbench with one point towards you like a diamond.
7. Put a teaspoonful of filling in the middle of the wrapper.
8. Fold the far corner of the wonton wrapper gently over the top of the mixture and bring it towards you to make a triangle shape with the filling inside.
9. Seal the edges of the wonton down with water, by dabbing your fingers in the bowl of water and sprinkling and pressing the edges of the wonton wrapper.
10. 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.)

To make the dipping sauce:

1. Chop the chives very finely, then combine them with the rest of the sauce ingredients in the medium bowl. Taste it to check the balance.

To cook and serve the wontons

1. Use tongs to put the wontons in the steamer, then ***place the steamer over the pot of boiling water**. Leave the steamer over the pot for about 5 minutes, then use the tongs to take the cooked wontons out of the steamer and place them on platters. Cover the platters with aluminium foil to keep the wontons warm, and set aside.
2. Repeat this process until all the wontons are cooked.
3. Serve wontons on the platters, drizzled with a little sauce.
4. Put the rest of the sauce in a small bowl with a teaspoon so that diners can spoon more sauce over their wontons if they like.

* Adult supervision required

