Chicken Spinach & Vegetable Wontons

Type: Main  Serves: 24 Tastes  Recipe source: SAKG

EQUIPMENT:
- clean tea towels
- knives – 1 large, 1 small
- chopping board
- bowls – 1 large, 1 medium, 2 small
- large pot
- bamboo steamer
- fork
- mixing spoon
- 3 baking trays
- teaspoons
- tongs
- 4 small serving bowls (for sauce)

INGREDIENTS:

For the wontons:
- bunch of silver beet (approx. 10 large leaves)
- large knob of ginger
- 6 spring onions
- 20 leaves Vietnamese mint
- 2 cloves garlic
- 2 eggs
- 100 g chicken mince
- 1 tablespoon fish sauce
- 1 teaspoon chilli flakes
- olive oil
- square wonton wrappers – 30
- water

For the dipping sauce:
- small bunch chives
- 2 tablespoons sweet chilli sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons of fish sauce

What to do:
1. Wash the silver beet carefully in cold water, to remove grit and insects. Dry by rolling in tea towels and shaking well.
2. Dampen a tea towel and place it under the chopping board to keep it from slipping.
3. Use the large knife to finely shred the silver beet and put it in the large bowl.
4. Wash the ginger, spring onions and mint. Pat dry in a clean tea towel and set aside.
5. Use your small knife to peel the ginger and garlic.
6. Cut the roots off the spring onions and remove the leaf tips and damaged outer leaves.
7. If the mint has woody stems, pluck off the leaves and discard the stems.
8. With the large knife, chop the ginger and the garlic, spring onions and Vietnamese mint into very small pieces. Put them in the bowl with the silver beet.
9. Put a large pot of water on to boil.
10. Make sure you have the steamer on the bench next to the stove, ready to use.
11. Break the eggs into a small bowl and whisk them with a fork.
12. Add the chicken mince, egg, fish sauce and chilli flakes to the large bowl with the finely chopped vegetables. Use a spoon to mix them together very well.

13. Lightly grease your baking trays with olive oil.

14. 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.

15. To make the wontons, put one wonton wrapper on the clean bench space with one point towards you like a diamond.

16. Put a teaspoonful of filling in the middle of the wrapper.

17. 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.

18. 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.

19. 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 class into two groups. One group will make the dipping sauce; the other will cook the wontons.

2. To make the sauce: Chop the chives very finely, then combine with the rest of the sauce ingredients in the medium bowl. Taste it to check the balance.

3. To cook the wontons: * Use tongs to put the wontons in the steamer and then place the steamer over the pot of boiling water. Ask an adult to help you with this. 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 plates. Cover the plates with tin foil to keep the wontons warm, and set aside. Repeat this process until all of the wontons are cooked.

4. Serve equal amounts of wontons on plates and drizzle with a little sauce. Put the rest of the sauce in a small bowl with a teaspoon so that people can spoon more sauce over their wontons if they want to.