

Recipe: Oriental Tofu Wanton

Side dish

Delicately wrapped wontons filled with tofu, juicy mushrooms and carrots, served with warm tangy soup.

Preparation time: 25 minutes

Cooking time: 15 minutes

Serves 18 children

Per serving = 3 wontons, 100 g soup with some cabbage



Ingredients (wontons):

- Ingredients A:
 - 200g extra-firm tofu*
 - 10g garlic minced
 - 10g ginger, grated
- Ingredients B:
 - 10 dried Chinese black mushrooms (soaked & drained), finely diced (Note: save the 800 ml of hot water used in soaking the dried mushrooms^)
 - 100g carrots, roughly chopped (for crunchiness)
 - 30g light soy sauce*
 - 8g sesame oil*
 - 8g spring onion, chopped
- 54 pc wonton wrappers

Ingredients (wanton soup):

- 2 litre vegetable stock (made with 2 veg stock cube)*
- 800 ml mushroom soaking liquid
- 8g garlic, minced
- 8g ginger, grated
- 30g rice vinegar
- 90g light soy sauce*
- 200g cabbage, shredded
- 10g coriander leaves / spring onions, chopped (for garnishing)

Nutrition Information
(Per serving): 3 (20 g)
wontons, 100 g soup
with some cabbage
Energy 53.7 kcal
Protein 2.7 g
Total fat 1.5 g
 Saturated fat 0.3 g
Carbohydrates 7.5 g
Dietary fibre 0.5 g
Sodium 372.5 mg

Cost per serving: \$0.46



* Choose products with the Healthier Choice Symbol

Methods (wontons):

1. Pulse ingredients A in a food processor or mash with a fork until coarsely ground.
2. Remove and mix with ingredients B.
3. Take one wonton wrapper and lay it out in a diamond shape in front of you.
4. Place 1 teaspoon of the filling in the middle of the wrapper, dip your finger in a little water and moisten the top two edges of the wrapper. Fold the bottom corner up to meet the top corner, make a triangle.
5. Gently press down on the filling to squeeze out the air, then press the edge together to seal. Take the left and right sides of the triangle and pull them down & towards each other, making a loop at the bottom of the wonton.
6. Moisten the edges and press to seal. See tip for alternative folding method.

Methods (wanton soup):

1. Combine the vegetable stock and mushroom soaking liquid in a large pot and bring to boil.
2. Add garlic and ginger.
3. Add the wontons, reduce the heat and simmer until wontons float. Remove from the heat.
4. Stir in the rice vinegar, soy sauce and cabbage.
5. Serve in bowls, garnished with coriander leaves or spring onions.

Tips:

- After the wontons are cooked, do not leave them to soak in the soup as they will become mushy. Remove the wontons from the soup and set aside, only add them back into the soup just before serving.
- Wontons can also be pan fry by placing them gently onto a lightly greased non-stick pan. Cook over low heat and cover. Turn to pan fry all the sides. When done, they will have a crispy skin with juicy filling.