

## Spinach Wontons

Season: All

Makes: 60 wontons

Fresh from the garden: coriander, garlic, spinach or silverbeet, spring onions

### Equipment:

metric measuring spoons  
clean tea towel  
chopping board  
cook's knife  
wok  
wok sang  
bowls – 1 large, 1 small  
4 baking trays  
teaspoons  
large pot with bamboo steamer  
tongs  
baking paper  
serving platters

### Ingredients:

1/2 tbsp sunflower oil  
1 tsp sesame oil  
3 garlic cloves, peeled and finely chopped  
2 cm knob of ginger, finely chopped  
6 spring onions, finely chopped  
1/2 tbsp soy sauce  
1 small tin of water chestnuts, finely chopped  
1 large handful of coriander, finely chopped  
4 large handfuls of spinach or silverbeet  
(stalks removed), finely chopped  
salt, to taste  
pepper, to taste  
olive oil, for greasing trays  
60 wonton wrappers



### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. **\*Add the oils to the hot wok with the garlic, ginger and spring onions, and stir for 30 seconds.**
3. Add the soy sauce and the water chestnuts, and continue to cook for a further 3 minutes.
4. Transfer the mix to the large bowl and allow it to cool for 5 minutes.
5. Add the chopped greens, season the mix with salt and pepper, and combine.
6. Place a small bowl of water within easy reach of where you are going to form the wontons.
7. Put one wonton wrapper onto a dry, clean workbench with one point towards you like a diamond.
8. Put a teaspoonful of filling in the middle of the wrapper.
9. Fold the far corner of the wonton wrapper gently over to make a triangle shape.
10. Seal the edges of the wonton down with water and press the edges together.
11. Continue making wontons and set each finished wonton on a greased tray (you should have enough to make about 60 wontons).
12. Line a steamer with pierced baking paper and steam the wontons for 5 minutes, in batches.
13. Arrange on platters and serve with **Dipping Sauce** (page 137).



# Dipping Sauce

Season: All

Serves: 30 tastes in the  
classroom or 6 at home

Fresh from the garden: chilli, garlic

## Equipment:

metric measuring cup and spoons  
clean tea towel  
chopping board  
cook's knife  
small pot  
mixing spoon  
wooden spoon  
mixing bowl

## Ingredients:

$\frac{3}{4}$  cup light soy sauce  
1 tbsp sugar  
2 tbsp malt vinegar  
2 tsp sesame oil  
1 red chilli, de-seeded and finely chopped  
1 garlic clove, peeled and finely chopped  
salt, to taste

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the soy, sugar and vinegar in the small pot over a low heat and stir until the sugar is dissolved.
3. Using the cook's knife, mince the garlic and chilli together with a sprinkling of salt until it forms a mash.
4. Combine all the ingredients together in the bowl and mix well.
5. When the sauce has cooled, serve with **Spinach Wontons** (page 161) or **Oven-Baked Spring Rolls** (page 137).

