

Chinese Dumpling (Won Ton) Recipe

Ingredients:

36 won ton skins (available in wet market or Asian supermarkets)
3 liter water
1 tablespoon salt
1 tablespoon peanut oil

Filling ingredients:

400 g minced lean pork
110 g shrimps, shelled, de-veined and finely diced
1½ cups trimmed and finely chopped scallions
1½ teaspoons minced garlic
4 fresh water chestnuts, peeled and finely diced
1 tablespoon Chinese white rice wine or gin mixed with 1½ teaspoons ginger juice
1 teaspoon salt
1 teaspoon sugar
1 teaspoon soy sauce
1 teaspoon sesame oil
1 tablespoon oyster sauce
Pinch freshly ground white pepper
2½ tablespoons cornstarch

Method:

In a large bowl, mix together the filling ingredients thoroughly to blend evenly. Place in a shallow dish and refrigerate, uncovered, for 4 hours or, covered, overnight. To make the won ton, the skins should be at room temperature. Work with one at a time, keeping the others under a damp towel to prevent them from drying up. Keep a bowl of water at hand to wet the edges of the skins. Place 1 tablespoon of filling in the won ton skin, wet the edges, fold in half, press to seal the edges. Wet the folded corners, not the sealed corners, and draw the ends together to create a bowl-like dumpling, like a tortellini. Repeat until 36 won ton are made. As each is made, place on a cookie sheet dusted with cornstarch. Place the water, salt and peanut oil in a pot, cover, and bring to a boil over high heat. Add the won ton, stir, and cook for about 8 minutes, until the won ton are translucent and the filling can be seen through the skin. Turn off the heat, run cold water into the pot, and drain. Repeat and drain thoroughly. Place on wax paper to dry thoroughly. The won ton may be eaten exactly as they have been cooked, or try one of these variations:

Pan-Fried Won Ton

Place 3 tablespoons peanut oil in a flat skillet and heat the oil until a wisp of white smoke appears. Place the won ton in the pan and fry until brown on both sides. Turn off the heat and transfer to paper towels to drain.

Deep-Fried Won Ton

Place 5 cups peanut oil in a wok, heat the oil to 180 degrees Celsius, and add a lightly smashed 1-inch slice of ginger and a peeled clove of garlic. Add the won ton and fry, turning, until the won ton are golden brown. Turn off the heat and transfer to paper towels to drain.

Won Ton Soup

Bring 6 cups chicken stock to a boil, add the won ton, 6 to a person, and return the soup to a boil. Add a sprinkling of 3 tablespoons Chinese (garlic) chives, turn off the heat, add a dash of sesame oil and season to taste with salt and pepper. Transfer to a heated tureen and serve.