

Shanghai Wonton Soup Recipe

Ingredients: Serves 4

¾ cup coarsely chopped baby bok choy or Napa cabbage
50g boneless, skinless chicken breast, coarsely chopped
150g pork butt, coarsely chopped
50g medium shrimps, peeled and de-veined, coarsely chopped
1 scallion, trimmed, white and green parts separated, and minced
1 tablespoon vegetable oil
1 teaspoon dark sesame oil
½ teaspoon salt
1 large egg white
cornstarch, for the waxed paper
20 wonton skins

Soup:

1 large egg
1 tablespoon vegetable oil
1 sheet roasted seaweed (nori)
1 tablespoon minced Sichuan preserved vegetable, rinsed and drained
4 cups chicken stock or canned chicken broth
½ teaspoon salt or to taste
Some sesame oil for serving

Method:

To make the wonton filling, pulse the bok choy in a food processor until minced. Transfer to a bowl. Separately pulse the chicken, pork and shrimps in the food processor until minced, and add to the bok choy. Add the white part of the scallion, oil, sesame oil and salt and mix well. Beat the egg white in a small bowl until frothy. Line a baking sheet with waxed paper and dust it with cornstarch. Using a knife or a teaspoon, place a teaspoonful of the chicken mixture in the middle of a wonton skin. Dip your finger in the egg white and moisten the edges of the skin. Fold the wonton skin in half, from top to bottom, and seal the edges with egg white. Bring the sides of the wrapper toward you, and overlap the bottom corners by about ½ inch. Pinch the wrapper so that the corners adhere to each other, and seal with egg white. Place on the baking sheet. Repeat with the remaining filling and wonton skins. (The uncooked wontons can be made up to 1 day ahead, covered and refrigerated. Or freeze them for up to 2 weeks. To freeze, place them in a single layer in a plastic storage container or plastic storage bag, arranged so that the wontons do not touch one another. When you are ready to cook them, the frozen wontons will be easy to remove, one by one). To make the soup, beat the egg in a small bowl until frothy. Heat the oil in an 8-inch nonstick skillet over medium heat. Drizzle in the egg to make a thin, lacy crepe and cook until set, about 1 minute. Slide it gently onto a cutting board, let it cool, and cut it into shreds. Tear the roasted seaweed into rough-edged 2-inch squares. Place the egg strips, seaweed, green part of the scallion and preserved vegetable in a big serving bowl. Bring the stock and salt to a boil in a large saucepan over high heat; then turn the heat to low. Bring 8 cups of water to a boil in a large pot over high heat. Add the wontons and return to a boil. Add ½ cup cold water, and return to a boil again. Add a final ½ cup cold water, and return to a boil once more. (Adding the water slows the cooking, helping the wontons to keep their shape). Using a slotted spoon, transfer the wontons to the serving bowl. Pour the hot stock over the wontons, drizzle some sesame oil and serve immediately.