Steamed Chicken, Ginger & Vegetable Wontons

Fresh from the garden: ginger, silverbeet, spring onions, Vietnamese mint

The technique of folding and filling wonton wrappers is fun and fiddly. Perhaps an experienced wonton maker, such as a relative, can be persuaded to come to the classroom to give a demonstration. There are many, many different filling recipes.

Wonton wrappers can be round or square, white or yellow. The yellow wrappers are made with eggs, flour and water, the white ones just with flour and water. Try both and decide whether one feels easier to work with. Also, wrappers deep-fried in a little clean vegetable oil make great crisps to use with vegetable dips!

**Equipment:**
- clean tea towels
- cook's knives – 1 large, 1 small
- chopping board
- bowls – 1 large, 1 medium, 2 small
- whisk
- measuring spoons
- mixing spoon
- 3 baking trays
- teaspoons
- large pot
- bamboo steamer
- tongs
- plates
- aluminium foil
- 4 small serving bowls (for sauce)

**Ingredients:**

For the wontons:
- 100 g chicken mince
- 2 eggs, whisked
- 1 tsp fish sauce
- 1 tsp chilli flakes
- 1 large handful silverbeet, finely shredded
- 1 large knob ginger, minced
- 2 garlic cloves, minced
- 6 spring onions, chopped
- 1 small handful Vietnamese mint leaves, chopped
- olive oil, for greasing trays
- square wonton wrappers – at least 30
- water

For the dipping sauce:
- 1 small handful chives
- 2 tbsp sweet chilli sauce
- 2 tbsp soy sauce
- 2 tbsp rice wine vinegar
- 2 tsp fish sauce (or to taste)
What to do:
1. Put the chicken mince, eggs, fish sauce and chilli flakes into the large bowl with the silverbeet, ginger, garlic, spring onions and Vietnamese mint.
2. Mix them together well.
3. Grease the baking trays lightly with olive oil.
4. 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.
5. Put one wonton wrapper on the clean bench space with one point towards you like a diamond.
6. Put a teaspoonful of filling in the middle of the wrapper.
7. Fold the far corner of the wonton wrapper gently over the top of the mixture and bring it towards you to make a triangle shape with the filling inside.
8. 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.
9. 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 a medium bowl. Taste it to check the balance.
3. To cook the wontons: Use tongs to put the wontons in the steamer, then place the steamer over the pot of boiling water. 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 aluminium foil to keep the wontons warm, and set aside.
4. Repeat this process until all the wontons are cooked.
5. Serve wontons on plates and drizzle with a little sauce.
6. Put the rest of the sauce in a small bowl with a teaspoon so that diners can spoon more sauce over their wontons if they like.

* Adult supervision required