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To: Joe Coady

Fwd: Won Ton Soup

27 September, 2013 4:33 PM



Wonton Soup Derived from a couple of Recipes. They are attached at the bottom

Soup.....

Celery, carrots, onions.

Cut into big chunks

Saute in pot till slightly browned

Add a couple of cloves of garlic

Add water

Optional add a couple of bouillon cubes

Cook for about an hour or so.

Take out vegetables, keep broth.

Wontons

I left out what I couldn't find. I used:

Carrots

Onions

Water Chestnuts

Tofu (Firm)

Green Onions

Mushrooms

Cut everything very small, saute in oil. Place in colander and let drain for an hour or so. Very important for this to be dry or they will break through the wonton's.



This Recipe is the the basic one I followed, but not exactly. I adapted based on what ingredients I could find.... JC

That's right everyone, homemade wontons! I always thought they were incredibly difficult to make, especially as a vegetarian option, but it wasn't difficult at all. I think what put me off from making these is that my mom always used to say what a treat it was to find vegetarian wontons at a restaurant. She made it seem like they were so difficult to make and it was special occasion to have them. Now I realized she was just lazy. They are incredibly time consuming but not difficult at all. I've been craving veggie wontons ever since we went to Hong Kong 4 months ago. So I decided, it's about time I called mom and asked her how to make her wontons!

I made two versions, a vegetarian version for me and a traditional pork & shrimp version for Vini. That meant, double work for dumpling fillings, double work to make stocks, and a very strategic way of cooking everything. I made a vegetarian stock for my soup and made a traditional chicken stock for the meat option. And when it came down to cooking everything, I had pots everywhere! One for the veggie stock, one for the chicken stock, a big pot of boiling water to blanch the greens and the noodles. Ladles and spoons and chopsticks everywhere... okay, I can see why my mom doesn't do this often.

Everything said and done, it was well worth it, DELICIOUS! You don't see vegetarian versions of this often so it's nice to know you with a little patience, you can just make it at home! Hope you like it!

Ingredients:

- 2 medium carrots
- 1/2 of a cabbage
- 1 yellow onion
- 8 shiitake mushrooms (fresh or dried)
- 2 bunches of cilantro
- 1 bunch of Chinese broccoli, chopped into small stalks
- 3 stalks of green onion, finely sliced
- 1/2 cup of diced water chestnuts
- 1 package of firm tofu
- 1 package of wonton wrappers (the square kind!)

1 package of fresh egg noodles (should be right next to the wrappers)
1/2 teaspoon ground white pepper
1/2 teaspoon sesame oil (and a little more for drizzle)
1 teaspoon of corn flour (you can use cornstarch too)
1/2 teaspoon vegetable oil
pinch of salt

Step 1: The soup!

So first, we're gonna start on the stock so it can simmer away while we make the dumplings. Take 1 1/2 carrots (saving 1/2 a carrot for later) and cut into big chunks and throw in a medium pot. Now add in 1/2 of a cabbage, roughly cut in half. Cut an onion into sections and throw that in as well. Now chop off the stems from your shiitake mushrooms and add the stems only to the pot. Fill the pot with water to the top leaving about 1 inch on the tip, add a pinch of salt and bring to a simmer on medium heat. Let that simmer for about 25 minutes and then add in the stalks from 2 bunches of cilantro. Keep the leaves for later. Let that simmer for another 20 minutes on low heat. Add more salt to taste!

Step 2: The dumplings!

Now take that 1/2 carrot from before and finely dice, the smaller the better. In a medium mixing bowl, add the diced carrots and diced water chestnuts. Finely slice 1 green onion stalk and add that to the bowl. In a small frying pan, drizzle a little vegetable oil and toss in the shiitake mushrooms whole. Cook until soft flipping the over several times – about 5 minutes total. Turn off heat and set aside. Once cool, finely dice the mushrooms and add to the mixture bowl. Now add in the tofu, using a fork or your hands crumble up the tofu and mix the entire thing until well combined. Add in the white pepper, pinch of salt, and a small drizzle of sesame oil – then mix again! Sprinkle the corn flour on top, toss to combine and we're ready to wrap! Take about 1/2 a tablespoon of filling and put it in the middle of the wrapper, take one corner of the wrapper and fold it so it meets the diagonal corner. Crimp down the wrapper along the filling and set aside. Continue until you run out of wrappers!

Step 3: The cooking!

Okay we're ready to cook everything! Keep your stock slowly simmering in the pot. You can scoop out the veggies and smash through a strainer and keep the juice if you want. Now fill a large pot 3/4 full with water and bring to a boil. This is the order you need to cook everything. Veggies, noodles then wontons. Have your Chinese broccoli cleaned, trimmed and chopped. Throw in the boiling water for about 1 -2 minutes. You just want to make sure the leaves are wilted and the stalks are cooked but still a little crunchy. Scoop the veggies out with a slotted spoon or spider scoop and set aside to drain. Now throw in the noodles to the boiling water. Cook until al dente and then remove with tongs. Drain and portion into serving bowls. Top the bowls of noodles off with the veggies.

Your pot of water should be very foamy now, add in about 2 cups of water and bring to a boil again. Slowly add in your wontons by putting a few on a slotted spoon and dunk the spoon in the water. Hold it in there for about 30 seconds and then drop them in. If you just throw them in, they will stick to the bottom of the pot! Boil them until they float to the top – that's when you know they're ready! Scoop em out and into the serving bowls with the noodles and veggies.

Step 4: Garnish & serve!

Okay now your serving bowls should have noodles, veggies, and wontons. Sprinkle in some sliced green onions and some ripped up cilantro leaves. Drizzle a little tiny bit of sesame oil.

Now ladle in some of your vegetable stalk that's been simmering away. Done!

Honestly well worth the effort to make your own vegetarian wontons. I added a bit of sriracha to mine... made my soup a little redish and added a little kick. Yum! Hope you like it!



Posted by: [Maggie Ha](#)

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{21 comments}

-  *bergamot* says:
[July 23, 2009 at 7:06 pm](#)

The soup looks simply yummy... so fresh.. i like the wontons a lot

-  *Mathilde's Cuisine* says:
[July 23, 2009 at 8:59 pm](#)

Looks amazing! I will try it soon!

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February 15, 2013 **Super easy homemade wontons**

This is how to fold the Won Ton's



If ramen noodles are largely believed to be the Asian equivalent of macaroni and cheese, then I would argue that wontons in soup are the equivalent of chicken noodle soup.

My mom and grandma would sit at the kitchen table every few months making huge quantities of homemade wontons, which they would later freeze so that we could enjoy them whenever we wanted.

These days, you can buy frozen wontons in any Asian grocery store. I still think that nothing comes close to homemade wontons, though. They taste so much better and are so easy to make that you're sure to agree that it's worth the extra effort.

I like to use a combination of pork and shrimp, but you can make these wontons using just pork or just shrimp, if you like.

Serve your wontons the traditional way in broth with noodles and vegetables. For inspiration, check out our recipe for Wonton Soup.

You can also toss your cooked wontons in a bit of soy sauce and sambal oelek (hot chili sauce) for a quick dinner that goes great with steamed rice and vegetables.

Look for wonton wrappers and wonton noodles in the refrigerated section of your grocery store.

Here's what you'll need:

(Makes about 40 wontons.)

½ lb (225 g) peeled, deveined **shrimp**, chopped

½ lb (225 g) **lean ground pork**

2 tbsp **oyster sauce**

1 **green onion**, chopped

½ tsp **sesame oil**

A scant ¼ tsp **ground white pepper** or ground black pepper

Pinch **salt**

About 40 **square wonton wrappers**

In bowl, combine shrimp, pork, oyster sauce, green onion, sesame oil, pepper and salt.

Spoon a heaping teaspoon of the shrimp and pork mixture into the centre of one wonton wrapper. Brush sides with water and fold corners over to make a triangle. Press together to seal.



With the long end of the triangle facing you, gently push your thumb into the middle of the wrapper to fold.



Next, fold the corners together.



Dab the corners with water and pinch them closed.



(Make-ahead: Place on parchment paper-lined baking sheet in freezer until frozen, about 30 minutes. Store in an airtight freezer bag for up to one month.)

In large pot of boiling water, cook wontons, uncovered, until shrimp is opaque and pork is no longer pink, about 4 minutes. Drain and serve.

Tip: Keep your wontons and wonton wrappers covered under a tea towel to prevent them from drying out.

Did you know that wonton wrappers are thinner than dumpling wrappers? They are normally sold side by side, so be sure to read the label carefully before choosing your wrappers.

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