




VEGETARIAN WANTONS

Serving Size: 6 Preparation Time: 40 minutes




INGREDIENTS



Filling

- 110g HCS tofu 
- 1 tsp HCS oil 
- 1 tsp HCS light soy sauce 
- 30g shiitake mushroom, finely chopped
- 1 medium carrot, finely minced
- 2 spring onion, finely minced
- 2 garlic cloves, finely minced
- 1 tsp ginger, finely minced
- 2 tbsp coriander leaves, finely chopped
- 1 tsp chilli powder
- 1 tsp curry powder

Wanton Sauce

- 1 chilli padi, pounded
- 1 garlic, finely minced
- 1 tsp ginger, grated
- 1 tbsp spring onion
- 1 tbsp HCS light soy sauce 
- ½ tsp sesame oil
- water as required

Wanton Wrapper

- 1 cup plain flour
- ½ tsp HCS lower-sodium salt 
- 2 tsp HCS oil 
- ¼ cup water



VEGETARIAN WANTONS



METHOD

Wanton Filling

- 1) Mash the tofu and place in a large bowl.
- 2) On low heat, add oil to a pan. Add garlic, ginger, mushroom and carrot. Add spring onion and tofu.
- 3) Once the tofu is cooked, add light soy sauce, chilli powder, curry powder and coriander leaves. Add the required amount of water if filling is too dry.
- 4) Cook till ingredients are well mixed and allow to cool for 5 minutes.

Wonton Wrapper

- 1) Sieve the plain flour and salt together in a deep bowl and knead into a soft dough using water.
- 2) Add the oil and knead again.
- 3) Cover with muslin cloth and keep aside for 20 minutes.
- 4) Make dough balls, depending on the desired size of wantons.
- 5) Roll each dough ball till the desired thickness.

Steam Wonton

- 1) Place a bit of filling in the center and apply a bit of water around the edges.
- 2) Fold over one part to make a semi-circle. Bring the ends together and press well.
- 3) Get ready a steamer and place the wantons on the steamer tray. Steam for 8-10 minutes.

Wonton Sauce:

- 1) Mix all the ingredients together into a sauce plate.