

Pork and prawn wonton soup

By Miele

1 hour

Preparation time

24 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Wonton

200 g pork mince
100 g green prawns, raw, finely chopped
¼ cup cashews, chopped
1 garlic clove, crushed
1 tsp fish sauce
Small handful of coriander leaves
½ lemongrass stem, finely chopped, reserving remaining lemongrass for soup
½ red banana chilli, seeds removed, finely chopped
¼ tsp sesame oil
1 tsp sweet soy sauce
½ shallot, finely chopped
30 wonton wrappers

Soup

1 litre chicken stock
1 litre vegetable stock
2 tsp tamarind paste
1 tbsp fish sauce
½ red banana chilli, roughly chopped
2 cm piece galangal, peeled and sliced
2 cm piece ginger, peeled and sliced
4 makrut lime leaves
Lemongrass stalk from the wontons, peeled and crushed
3 tbsp soy sauce
1 tsp palm sugar, shaved

To serve

1 bunch baby bok choy, washed and quartered
2 tbsp white sesame seeds, toasted

METHOD

Wontons

1. Place all ingredients for the wonton filling into a blender and process for 20 seconds, or until well combined.
2. Working one at a time, place a wonton wrapper in the palm of your hand.
3. Spoon half of a tablespoon of filling into the centre of the wrapper.
4. Dip your finger in warm water and wet around all wrapper edges.
5. Draw all edges together and twist firmly to seal. The end result should resemble a drawstring bag.
6. Place the wontons in an unperforated steam container and into the refrigerator for 10 minutes before steaming.

Soup

1. Place all ingredients into a deep unperforated steam container and mix to combine. Place in the steam oven and Steam at 100°C for 20 minutes.
2. Remove from the steam oven and leave to infuse for 5 minutes at room temperature. Strain and return the broth to the deep unperforated steam container.

To serve

1. Remove the wontons from the refrigerator and place in the steam oven.
2. Add the broth to the steam oven and Steam with the wontons at 100°C for 3 minutes.
3. Place the bok choy into a perforated steam container. Add to the steam oven and Steam at 100°C for an additional 1 minute.
4. Serve in warmed bowls, sprinkled with toasted sesame seeds.

Hints and tips

- In preparation for wrapping your wontons, set up a bowl of warm water. Once the wonton packet is open, keep the wrappers in the packaging, or under a moist towel to prevent drying out.
- Wontons and broth can both be frozen for up to 3 months.
- To freeze wontons, space out on a tray lined with baking paper. Cover with cling wrap and flash freeze until firm. Once firm, transfer wontons into freezer bags or containers.
- To freeze broth, transfer into a vacuum sealing bag (we recommend freezing in smaller batches of 500 ml). Place into vacuum sealing drawer and Vacuum on setting 1 and Seal on setting 3.
- To cook wontons from frozen, Steam at 100°C for 10 minutes.
- To heat the broth from frozen, Steam at 100°C for 20 minutes.