

Pumpkin Wontons

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: chives, pumpkin, silverbeet, spring onions

Recipe Source: Moonah Primary School

Wonton parcels can be either quickly boiled or deep-fried and are usually enjoyed with a dipping sauce, often with a little chilli added to it. Pumpkin is certainly not a usual filling but if the garden yields a beautiful pumpkin, why not? You can also use rainbow chard instead of silverbeet.

Equipment:

metric measuring scales,
spoons and cups
vegetable peeler
clean tea towel
chopping board
cook's knife
large saucepan
bamboo steamer to
fit over the saucepan
fork
large mixing bowl
potato masher
mixing spoon
2 small bowls
3 baking trays
baking paper
pastry brush
slotted spoon
serving bowls

Ingredients:

400 g pumpkin, peeled, seeds
removed and cut into 5-cm
chunks
½ tsp salt
6 silverbeet stalks, finely chopped
2 spring onions, finely chopped
3 tsp soy sauce
1 small bunch of chives, finely
chopped
3 tsp cornflour
30 wonton wrappers

For the dipping sauce:
½ cup soy sauce
3 teaspoons rice vinegar
3 teaspoons brown sugar



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. ***Fill the large saucepan with water and bring to the boil.**
3. Place the pumpkin chunks in the bamboo steamer and set the steamer over the pan of boiling water.
4. Steam the pumpkin for 15 minutes, until soft. If a fork passes easily through the pumpkin, it's cooked.
5. Transfer to the large mixing bowl and set aside to cool.

6. Add the salt and mash the pumpkin.
7. Add the silverbeet and spring onion and stir to combine.
8. Add the soy sauce, chives and cornflour and mix well.

To make the dipping sauce:

1. Combine all of the sauce ingredients in a small bowl and stir until the sugar is dissolved.

To assemble the wontons:

1. ***Fill the large saucepan with water and bring to the boil.**
2. Line the baking trays with baking paper.
3. Fill a small bowl with water.
4. Lay a few the wonton wrappers on a clean, dry surface.
5. Place 1 teaspoon of filling in the centre of each wrapper.
6. Dip the pastry brush in the bowl of water, moisten all round the edges of the wonton wrappers and fold the wrappers over to form a pouch.
7. Place the dumplings in a single layer on a baking tray.
8. ***Drop the dumplings, in batches, into the boiling water.**
9. Simmer the dumplings for about 3 minutes or until cooked through.
10. Remove the dumplings with the slotted spoon, drain well and transfer to the serving bowls.
11. Serve with the dipping sauce.

* Adult supervision required.

