

PROJECT: GET IT DONE TOGETHER

Week 8: Wacky Wontons with chef Amy Kayne

Adult supervision recommended. Over the past few weeks you have learned about your palate, different cooking techniques, playing with flavors and textures, and truly just having fun in the kitchen. Let's continue the exploration and play more with one of my favorite vessels, the wonton. Here's what you'll need for all the ingredients so you can prepare in advance. The full recipes are also copied below in case you'd like to review for potential food allergies.

Ingredients:

- Non-stick cooking spray
- 2 packages of wontons
- ½ lb ground turkey
- 1 cup shredded cheese
- ½ cup sour cream or plain Greek yogurt
- ½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- 1 egg
- 1 lb ground pork
- ¼ lb of Napa cabbage (1 cup shredded)
- ½ inch knob of fresh ginger
- 2 scallions
- 2 tsp tamari
- 1 TBS lime juice
- 2 TBS canola oil
- Dash of salt
- ½ cup water

Tools Needed:

- Oven
- Mini muffin tin
- Baking sheet
- Medium sauté pan or frying pan
- 2 mixing bowls
- Food processor or sharp knife to chop
- Cutting board
- Spatula
- Knife
- Spoon
- Grater or zester
- Pastry brush

Recipes:

Wonton Cups | Contains gluten

Ingredients:

- 12 wonton wrappers and Non-stick cooking spray

Instructions: Pre-heat the oven to 350 degrees. Turn the muffin tin over (you will be using the bottom of the muffin tin) and spray with cooking spray. Take one wonton wrapper and fold the wrapper over the circle/cup on the back of the muffin tin. Pinch tight around each cup. Then place in the oven with the wonton side up for 8-10 minutes. Remove from oven and let cool. Add your favorite salad to each cup or use to hold a dip for your favorite veggies or use to hold guacamole. Makes 6-12 servings.

Turkey Taco Wonton Bites | Contains gluten and dairy

Ingredients :

- 12 wonton wrappers
- ½ lb ground turkey
- 1 cup shredded cheese
- ½ cup sour cream or plain Greek yogurt
- ½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp cayenne pepper
- Dash of salt
- 1 egg beaten
- ¼ cup of water

Instructions: Put a medium size sauté pan or frying pan on medium heat on the stove. Add the turkey and HALF of the spices (¼ tsp chili powder, ¼ tsp ground cumin and (1/8) tsp cayenne pepper). Cook and stir the meat. Let cook for 4 minutes and then add the remaining spices (¼ tsp chili powder, ¼ tsp ground cumin and (1/8) tsp cayenne pepper) and sprinkle with a dash of salt. Cook for another 4 minutes or until the turkey has cooked (no pink remaining). Once the turkey has cooked, add to a mixing bowl. Add the sour cream or plain Greek yogurt and the shredded cheese and mix well. Heat the oven to 350 degrees. Take a wonton wrapper and place on a baking sheet covered in parchment paper or sprayed with nonstick cooking spray. Place a TBS of the cooked turkey mixture in the middle of the wonton wrapper. Add water to your fingers and then moisten two connecting sides of the wonton wrapper with your fingers. Then fold the wrapper into a triangle where one corner meets the next. Make sure the triangle is completely sealed. Repeat for the remaining wontons. Then beat an egg and use a pastry brush to brush each sealed triangle with the beaten egg. Cook in the oven for 10-15 minutes or until the wontons are crispy. Makes 4 servings.

Dumplings | Contains gluten and dairy

Ingredients :

- 1 package of wontons
- 1 lb ground pork
- ¼ lb of Napa cabbage (1 cup shredded)
- ½ inch knob of fresh ginger (½ tsp-1 tsp grated fresh ginger)
- 2 scallions (½ cup of chopped scallions)
- 2 tsp tamari
- 1 TBS lime juice
- Dash of salt
- 2 TBS canola oil
- ¼ cup of water

Instructions: Add the pork to a mixing bowl. Rinse the Napa cabbage and the scallions in cold water. Cut off the end of the cabbage and then chop up the cabbage until you have 1 cup of shredded cabbage. Then chop up the two scallions into fine pieces. Add the cut cabbage and scallions to the mixing bowl. Grate the ginger and add ½ -1 tsp of grated ginger to the mixing bowl. Add the tamari and lime juice. Mix all ingredients together in the mixing bowl. Add a good dash of salt. Then take a wonton wrapper and place a TBS of the pork mixture in the middle of the wrapper. Add water to two connecting sides of the wonton wrapper. Then fold the wrapper into a triangle where one corner meets the next. Make sure they are completely sealed. Repeat with the remaining wontons and mixture. Now add 2 TBS of canola oil to a medium size sauté pan or frying pan and put on medium heat. Once the oil is heated (about 3-5 minutes), very carefully add 6 wontons to the frying pan (the oil might splatter so you should have an adult help you add the wontons to the pan). Then pan fry one side for 3 minutes, then flip and do the other side for an additional 3-5 minutes. Then remove from pan and repeat cooking the remaining wontons. Serve hot. Makes 6-8 servings.