

Shrimp Wonton Soup

Portions: 60 to 70 wontons, 8 portions

Preparation: 75 minutes

Cooking time: 25 minutes

8

VEG

LF



Ingredients

Wontons

300 g (10 ounces) raw shrimp meat – $\frac{3}{4}$ pound (340 g) shrimp shelled, deveined, rinsed and drained, raw

1 tablespoon (15 ml) fresh ginger, finely chopped

2 green scallions, cut in to pieces

2 tablespoons (30 ml) soy sauce

1 tablespoon (15 ml) sesame oil

2 tablespoons (30 ml) coriander, chopped

1 egg

1 box 454 g of wonton pastry squares, thawed (about 70 covers)

Soup

16 cups (4 l) chicken broth

4 tablespoons (60 ml) oy sauce

1 tablespoon (15 ml) fresh ginger, chopped (optional)

2 tablespoons (30 ml) sesame oil

3 green scallions, thinly sliced

2 cups (500 ml) iceberg lettuce, cut into chunks

Coriander leaves, to taste

Steps

Wontons

1. In a food processor, chop the shrimp without mixing too much to obtain small fine pieces. Transfer to a bowl, add all remaining ingredients, and process until smooth.
2. To make the wontons, you will need two small bowls of water and a teaspoon. With your left hand (the opposite, if you are left-handed), take one square at a time, and moisten all sides with your finger. Place one teaspoon (5 ml) of filling in the center of each square of dough. Pull the top corner down to the bottom, folding the dough over the filling to make a triangle. Press edges firmly to seal. Bring left and right corners together above the filling. Overlap the tips of these corners, moisten with water and press firmly together to form a small bundle.

3. Place the wontons on a parchment-lined baking sheet, and be sure to keep them cold. Repeat with all the squares.

Soup

1. In a large saucepan, bring the chicken stock, soy sauce, fresh ginger, and sesame oil to a boil.
2. Reduce to medium heat. Add the desired number of wontons (about 10 per person).
3. Cook over low heat for 15 minutes.
4. When serving, garnish with green onion, lettuce, and coriander.

Note: This recipe easily yields eight servings. You may reduce the amount of soup by half, and freeze the raw wontons. When you want to eat them, cook the frozen wontons in boiling soup.