

Wonton Soup

Recipe By Joy Devor



Cooking and Prep:  15
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Serves:  8

Contains:    

Preference: Meat

Difficulty: Easy

Occasion: Purim, Yom Kippur

Source: Family Table by

Mishpacha Magazine

Cuisines: Chinese

A nice change of pace from kreplach, wonton soup is basically kreplach from a different perspective. This is similar to my mother's wonton soup (my parents are from Shanghai, and my mother loves making Chinese food!).

Ingredients (12)

Main ingredients

- 1/2 pound (1/4 kilogram) ground beef
- 2 tablespoons chicken broth or water
- 1 teaspoon oil
- 1 tablespoon **Gefen Soy Sauce**
- 2 tablespoons scallions (white and light green parts only), chopped

- 1 tablespoon cornstarch
 - 1/2 teaspoon salt
 - 1/2 teaspoon sugar
 - 10 **Gefen Water Chestnuts** from a can, finely minced (*optional*)
 - 1 package **Gefen Wonton Wraps** or other wonton skins
 - 1 egg, beaten (*optional — you may use water instead*)
 - 1 large pot of chicken soup
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Start Cooking

Make the Soup

1. In a bowl, combine the meat, chicken broth, oil, soy sauce, scallions, cornstarch, salt, sugar, and chestnuts. Work a fork through the mixture to make sure it is well mixed. If it's too dry, add a little water or soy sauce.
2. Put a teaspoon of filling in the corner of a wonton skin. Wet the edges of the skin with egg wash, and fold one edge over to the opposite (diagonal) edge to form a triangle. Press the corners together and use the egg wash to stick them to each other.
3. Cook the wontons in the soup for about 10 minutes, until the filling is cooked. Don't overcook, because they may fall apart.
4. Before serving, garnish with any combination of chopped scallions, shitake mushrooms, thinly sliced pastrami, or thin noodles.

Note:

The raw wontons can be frozen. After forming them, lay the wontons on a cookie sheet and freeze. Don't defrost them before boiling.

Tip:

When forming the wontons, be sure your skins don't dry out. Treat them as you would phyllo dough — keep them damp and use only one at a time.