

Cantonese Wonton Noodle Soup 云吞



CHINA

SERVIES 6

Ingredients

- 8 oz. ground pork – not too lean
- 6 oz. shrimp, diced
- 3-4 minced shitake mushrooms (dong gu)
- 4 tablespoons minced preserved vegetable (muy choy)
- 3/4 teaspoon chicken bouillon
- 3/4 teaspoon sugar
- 1 tablespoon oyster sauce
- 2 tablespoons soy sauce
- 1/8 teaspoon white pepper
- 1 tablespoon mushroom water from soaking
- 1/2 teaspoon cornstarch
- 1/2 teaspoon sesame oil (optional)
- 1/2 pack square-shaped egg wonton skin
- 12 oz. wonton egg noodles
- 8 cups chicken broth



PREP TIME
1 Hour



COOK TIME
15 minutes

TOOLS NEEDED

A large pot, medium pot, assorted bowls, knives, spoons, and enough space to assemble about 3 dozen wontons.

PROCEDURE

To make the filling, soak the dong gu in a small bowl of water (1 hour or overnight). Mince dong gu & muy choy. Then mix the pork, dong gu, muy choy, sugar, bouillion, oyster sauce, soy sauce, white pepper, mushroom water, and cornstarch together in a bowl. The filling should be well combined. Cut peeled and deveined shrimp into small pieces.

To make the wontons, take a wrapper, and add only about a teaspoon of filling and a piece of shrimp. Use your finger to coat the edges with water (this helps the two sides seal together), and fold in half so you have a triangle shape. Bring together the two outer corners, wet and press to seal. Continue assembling until you've used up the filling (this recipe should make about 3 dozen wontons).

Bring a large pot of water to a boil and boil the noodles just until al dente. Divide among 6 bowls. Then, add the wontons to the pot and boil for about 4-5 minutes until they float and the filling is cooked through. Divide among the bowls.

Finally, heat up the chicken broth in a medium pot and add salt, to taste. Divide wontons among the bowls, and cover with hot broth. Serve!

If you want your soup a little more flavorful, you can also add a couple drops of sesame oil, chopped scallion, and white pepper over the top!

Culture Note: Cantonese Wonton Noodle Soup was a staple in my wife's home as a child, prepared by her mom, who was born in Guangdong China, moved to Hong Kong as a young girl, and on to the LA area in her early 20's. These regions are well known for Dim Sum, a morning staple at cafes and restaurants, but this soup is a more traditional home meal. Today it is a favorite of our family, prepared as my Mother-In-Law once did for us.