

Cantonese Wonton Soup (Shrimp and Pork Wontons)



4.73 from 11 votes

Ingredients

INGREDIENTS FOR THE FISH POWDER

- 400 grams of flounder fish will get 6-80 grams of dried fish

INGREDIENTS FOR THE BROTH

- 2 tbsp of oil
- The shrimp shell
- 1 pound of pork bones If you don't eat pork, you can do beef bones
- 1/2 pounds of chicken bones

INGREDIENTS FOR THE WONTONS (Enough to make 60-70 wontons)

- 10 ounces of ground pork
- 10 ounces of shrimp
- 1 tbsp of soy sauce
- 1 tbsp of Chinese cooking wine
- 1 tbsp of oyster sauce
- 1 tbsp of fish sauce
- 1/4 tsp of salt
- 1 tsp of sugar
- 3 cloves of garlic
- 1 tsp of ginger
- 1 egg
- 3 tbsp of stock
- A drizzle of sesame oil
- 1 tbsp of fish powder
- 1/2 cup of diced scallion
- 60-70 pieces of wonton wrappers

INGREDIENTS FOR 1 PORTION OF NOODLE SOUP

- 1 tsp of the fish powder
- 2 tsp of soy sauce
- 2 tsp of fish sauce
- 2 cups of the broth
- 1/2 tsp of salt or to taste
- 1 portion of egg noodles
- 6-10 pieces of boiled wontons

- Scallion as garnish
- Few pieces of baby bok choy

Instructions

1. Clean and gut the flounder fish. Slowly dehydrate the fish by using a grill or dehydrator.
2. Roast the dried fish directly above the low flame. You want the fish to have some black and brown charred mark. After toasting, the fish should be crispy and you can blend it into a fine powder.
3. Store the fish powder in a sealed container and keep refrigerated. It will last a few months.
4. Next, let's make the broth. You will need 1.5 pounds of pork bones and 1 pound of chicken bones. We gonna soak them in clean water for about 2 hours. This is to help release the bloody impurities inside the bones. 2 hours later, the liquid became an unpleasant looking. That is what we are trying to get rid of. Take the bones out and discard the water. Set the bones aside.
5. Peel some shrimp and save the shrimp shells because we will use to make the broth.
6. Get a big pot, add some oil. We are going to saute the shrimp shell. This is important when making seafood stock. You want to brown it first or else it develops an unpleasant fishy smell. If you can get head-on shrimp that will be even better because shrimp head provides even more umami flavor. Push the shrimp shell to the side and add the bones in. You can brown the bones, or not, up to you. I do think it brings out more flavor so I slightly brown it. Pour in 2.5 half liters of water. Bring that to a boil. Use a mesh strainer to fish out those floating foam. Turn the heat to low and leave it to simmer for 3 hours.
7. During these 3 hours, you can come back and check the broth once or twice. If you see the liquid is evaporated and the bones are uncovered, you can slowly add more hot water along the edge of the pot. That way, you don't create a big splash so we can make a clear broth.
8. While waiting, you got plenty of time to make the wonton. You will need some ground pork and some roughly chopped shrimp. To the meat, we will add 1 tbsp of soy sauce, 1 tbsp of Chinese cooking wine, 1 tbsp of oyster sauce, 1 tbsp of fish sauce keep adding 1/4 tsp of salt, 1 tsp of sugar, 3 cloves of garlic, 1 tsp of grated ginger, crack in 1 egg. Take 3 tbsp of the stock from the pot and allow it to cool a little bit. Then add it to the mixing bowl. Drizzle in 2 tsp of sesame oil and add 1 tbsp of fish powder. Mix the filling until the liquid is absorbed. Add in 1/2 cup of diced scallion and mix it. The reason I add it the last is that I want to keep the freshness as much as possible. Your filling is done.

9. Take 1 piece of the wonton wrapper, put some filling in the middle - about 2 tsp. Fold the sheet in half. Gather the edge together and pinch to close it. Yes, wonton is that easy to make. I always think that someone got frustrated when making dumplings so he just roughly pinched the wrapper together and that is how wonton was invented. I am not sure if that's true though but it is possible.
10. This recipe is enough to make 60-70 wontons. Way more than what I can eat in one day. Good thing is that they do freeze well. But be sure to leave some space between them or else they will stick together in the freezer. Next time you want to cook them again, don't need defrost. Just directly cook them. They will take a bit longer to cook compared to fresh wontons.
11. The broth has been simmered for 3 hours. Take out all the bones. You might want to ask me, why didn't I add any spices and aromatics to infuse the stock? Because we are making the original flavor broth which allows the fish powder flavor to stand out in this recipe.
12. Now we are ready to assemble the wonton noodle soup. Get a noodle bowl, add about 2 tsp of soy sauce, 2 tsp of fish sauce, 1 tsp of fish powder, some salt to taste. Pour in 2 cups of the broth that we made.
13. Boil some noodles and the wontons that we made. Blanch some baby bok choy. Garnish with some diced scallion and you are ready to serve. Enjoy!