

餛飩

餛飩：絞肉..... 4兩	高湯或水..... 6杯
① 太白粉、麻油、料酒..... 各1小匙	② 鹽..... 1 1/2小匙
鹽..... 1/2小匙	料酒、麻油..... 各1小匙
胡椒..... 少許	胡椒..... 1/4小匙
葱末..... 2大匙	小白菜(切段)..... 4兩
皮：餛飩皮..... 24張	蔥花..... 2大匙

- ① 絞肉加①料及葱末拌勻成「餛飩」。每張餛飩皮包上適量的餛飩，即成餛飩。
 - ② ②料燒開，加入餛飩及小白菜再燒開，撒上蔥花即成。
- 餛飩如果份量少，可用此法燒煮簡單易做。若餛飩份量多，則需將湯與餛飩分開煮，否則煮出的湯較混。
- 餛飩包法(二)：將餛飩放在皮中央(圖4)，把皮折起(圖5)姆指與食指捏緊，抽出小匙(圖6)再略捏緊即成。

Pork Won Ton Soup Makes 24

- Filling:
- 1/2 lb. ground pork
 - ① { 1 t. each: cornstarch, sesame oil } mix
 - 1/4 t. salt
 - dash of pepper
 - 2 T. chopped green onions
- Skin: 24 won ton skins
- 6 c. stock or water
 - ② { 1 1/2 t. salt
 - 1 t. each: cooking wine, sesame oil
 - 1/4 t. pepper
 - 1/2 lb. bok choy or other leafy green vegetable, cut into pieces
 - 2 T. chopped green onions, green part
- ① In a bowl, mix ground pork, ①, and the chopped green onions thoroughly to make the filling. Put one portion of the filling (1/24) in the center of each skin; fold the skin to enclose filling.
 - ② Bring ② to a boil then add the won tons and bok choy; bring to a boil again. Sprinkle the soup with chopped green onions.
- If too many won tons are cooked in the soup, the soup will not be clear. This method of preparing won ton soup is best for fewer than 4 servings.
- Method II of wrapping a won ton: Use a spoon to put filling in the center of the skin (Fig. 4); fold the corner of the skin over the meat-filled spoon and lightly pinch the skin with thumb and index finger to seal (Fig. 5). Remove the spoon and pinch the skin tightly (Fig. 6).

Chinese Snacks, revised, by Huang Su-Huei,
 Wei-Chuan's Cookbook, 1997