

## Pumpkin wontons

**Season:** Autumn/Winter

**Type:** Big Dishes

**Difficulty:** Intermediate

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** chives, pumpkin, silver beet

**Recipe Source:** Moonah Primary School

Wonton parcels can be either quickly boiled or deep-fried and are usually enjoyed with a dipping sauce, often with a little chilli added to it. Pumpkin is certainly not a usual filling but if the garden yields a beautiful pumpkin, why not?

### Equipment:

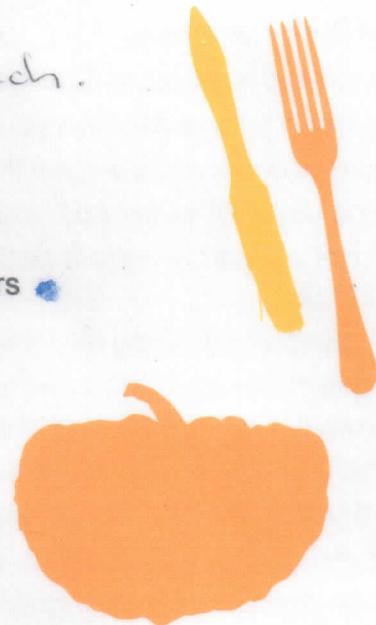
clean tea towel  
chopping board  
large knife  
peeler  
2 large saucepans  
bamboo steamer to fit  
over the saucepan  
fork  
large mixing bowl  
potato masher  
large mixing spoon  
2 small bowls  
3 baking trays  
baking paper  
pastry brush  
slotted spoon

### Ingredients:

400 g pumpkin  
6 stalks silver beet / *Spinach*  
2 spring onions  
small bunch of chives  
3 teaspoons soy sauce  
3 teaspoons corn flour  
1 large packet wonton wrappers  
(about 30 per packet)

### For the dipping sauce:

½ cup soy sauce  
3 teaspoons rice vinegar  
3 teaspoons brown sugar



### What to do:

- Dampen a tea towel and place it under the chopping board to keep it from slipping.
- Carefully cut the pumpkin into large chunks (about 10 cm wide). Peel each chunk, placing the peel and any stringy pith and seeds in the compost bin. (You can save the seeds to dry them for a snack, or for planting next season.)
- Set a large saucepan of water on to boil.
- Place the peeled pumpkin chunks in the bamboo steamer and set the steamer over the pot of boiling water.
- Check the pumpkin after 15 minutes, by poking a large piece with a fork. If the tines of the fork slide in easily, it is soft enough to mash.
- When the pumpkin is soft, tip it into the large bowl and let it cool a little.
- Mash the pumpkin using the potato masher. Add salt and stir.

- Meanwhile, wash the silver beet leaves and dry them. Save any water for the garden. Slice off any damaged stem ends (these can go in the compost bin).
- Finely chop the stems and leaves and add them to the bowl with the pumpkin.
- Chop the root ends off the spring onions and remove any damaged outer leaves, which can be added to the compost.
- Chop the spring onions and the chives finely and add them to the bowl with the pumpkin and silver beet.
- Add the soy sauce and corn flour to the bowl and mix all ingredients well with the large mixing spoon.

#### To make the dipping sauce:

- Combine all the sauce ingredients in a small bowl and stir until the sugar is dissolved.

#### To assemble the wontons:

- Set a large pot of water to the boil.
- Line the baking trays with baking paper.
- Clear a work space and ensure the surface is dry.
- Set a small bowl of water and your pastry brush within reach.
- Peel off the wonton wrappers and lay them flat on the clean, dry surface, just a few at a time.
- Place 1 teaspoon of filling into the centre of each wrapper.
- Dip the pastry brush in the bowl of water, moisten all round the edges of the wonton wrappers and fold the wrappers over to form a pouch.
- Place the dumplings in a single layer on a baking tray.
- \* **Drop the dumplings, in batches, into the boiling water.**
- Simmer the dumplings for about 3 minutes or until cooked through.
- Lift out the dumplings with a slotted spoon, drain well and serve with the dipping sauce.

\* Adult supervision required.

**Notes:** Volunteers should ensure there is at least one wonton per student. Rainbow chard can be used in place of silver beet.

