



SHANGHAI WONTONS

RECIPE MAKES 90-100 SMALL WONTONS. REFER TO STEP-BY-STEP WONTON FOLDING TUTORIAL IN [THE BLOG POST](#). RECIPE UPDATED JANUARY 2022.

INGREDIENTS

For the filling:

3lb (1350g) baby bok choy or regular bok choy, washed well (see instructions under method)

1lb (450g) raw ground pork

2 tbsp tamari or light soy sauce

2 tsp kosher salt (I use Diamond Crystal kosher salt; reduce to 1 tsp if using other brand)

1 1/2 tsp raw cane sugar

2 dashes of white pepper powder

For wrapping:

650g wonton wrappers 3" square (about 90-100)

Small dish of tap water for sealing edges

Easiest dipping sauce:

Equal parts light soy sauce and rice or Chinese black vinegar, plus chili oil to taste.

Optional for serving:

2-3C chicken stock, preferably homemade or store-bought low sodium

Thinly sliced scallions to garnish

METHOD

PREPARE FILLING: (note: you can do this 1-2 days in advance and keep it tightly-sealed in the fridge. I prefer to break up the work this way)

If using regular-sized bok choy, trim ends to separate the stems. I skip this step with baby bok choy. Take care to wash bok choy very well because there is often soil trapped inside the joints where the stems meet. I prefer to wash mine by soaking them 15 minutes in a large sink of water with a generous pour (~3/4 cup) of white vinegar. I always soak leafy veggies in vinegar water but it is optional. (Note: make sure first wash your sink very well with



dish detergent since kitchen sinks can harbour a lot of bacteria). Ensure there is enough water in the sink so the bok choy is suspended and not touching the bottom. Soaking this way releases a lot of the soil to the bottom of the sink which we easily discard down the drain. Rinse each bok choy individually under running water ensuring there is no stubborn soil remaining. Drain in large colander.

Preheat large wok or heavy-bottom pot over medium to medium-high heat. Drizzle a tablespoon of neutral high heat oil. In batches, add bok choy and sauté 8-10 minutes or until wilted but not cooked all the way. The purpose of this step is 3-fold: (1) to release some of the liquid (because a wet filling is a no-no for dumplings of any kind), (2) to wilt them so the large volume is easier to handle and are easier to squeeze the liquid out of them in the following steps and (3) removes grassy flavour of raw bok choy.

Drain bok choy in a large colander and allow to cool while you continue with the rest. There may already be liquid draining out. But just wait, there's gonna be a lot more liquid to remove!

Next, in batches, place bok choy into a food processor. Pulse 10-20 times (depending how large and full your food processor is) to break it down into small pieces. The pieces should be small enough that when combined with ground pork, the filling feels homogenous in your mouth, but don't puree it into liquid either – please refer to blog post image for ideal size. Alternatively, you can hand chop with a knife.

Once again working in batches, place finely-chopped bok choy into a nutmilk or cheesecloth bag (or wrap securely inside a large doubled-up sheet of cheese cloth or kitchen towel). Squeeze as much of the liquid out as possible. This is a CRUCIAL step otherwise your filling will be too wet. If you don't have cheesecloth or bag, press bok choy against the edges of the colander to squeeze out the liquid, aiming to get 80-85% of the liquid out. As you can see in the blog post images, there is a LOT of liquid in the sautéed bok choy. You'll likely squeeze out ¾-1 cup of liquid per (raw) pound of bok choy. (You can drink this like a green juice, especially if using organic bok choy 😊)

Add the well-squeezed bok choy into a large mixing bowl along with the ground pork, salt, tamari (or light soy sauce), sugar and white pepper powder. Mix well. I use my hand for this.

This next step, my dad swears by: using a slim wooden spoon or spatula or two pairs of chopsticks held in a bunch together (my dad and grandma's old school way), mix the meat and bok choy filling with ~vigour~ for 5 minutes or until your arm falls off. This step is to tenderize the meat and pull everything together to form a tighter, more "glue-y" (original culinary term) filling which has a nicer mouthfeel when you bite into a dumpling. The filling is done!

WRAPPING WONTONS: (see step-by-step [tutorial](#) on the blog post OR my IG how-to [video](#) 📺)

Fill each wonton wrapper with a heaped 1 tsp (or 1.5 tsp) of the filling ~8-9g. Resist the tendency to overfill. The ratio of filling-to-dough affects the overall mouth-feel. Furthermore, an overstuffed wonton is sure to explode as soon as it hits the boiling water during cooking. If you're using larger wonton wrappers (more than 3" square), place more filling while maintaining the approximate ratio as you see in the blog post images.

STEPS 1-6 CORRESPOND TO STEP-BY-STEP PHOTO TUTORIAL ABOVE:

(1) Place the filling in the center of the wonton wrapper (2) Fold halfway up, and very gently squeeze around the filling to secure it (3) Curl the wrapper horizontally halfway and (4) begin pulling the lower two corners towards each other (5) Dab a bit of cold water onto the corner parts that will touch (i.e. the bottom of the left corner + top



of the right corner) and overlap them (6) Gently squeeze the overlapped corners to stick them together. Voila! One down, 99 more to go. You got this! P.S. there are other ways to fold wontons with square wrappers but this is how my family does it.

COOKING WONTONS RIGHT AWAY: To cook the fresh wontons, bring a large pot of water to a boil – about 8-9 cups. Season with salt the way you would when cooking pasta (less if you're using a dipping sauce which is salty). Once at a rolling boil, slide wontons into the pot carefully so as not to splash yourself. Do not overcrowd the pot - I usually cook about 20 at a time. Boil until water is back to a boil and wontons bob up to the top, 2-4 minutes. Pour about a cup of cold tap water into the pot and wait for it to come to a boil again and wontons are once again dancing on the surface. Scoop out with a long-handled strainer.

FREEZING WONTONS: At this point the wontons can be frozen enjoy another day. Place them in a single layer, not touching, on a baking sheet lined with parchment and put into the freezer for an hour or so. Transfer them into a freezer bag or container. To cook, do not defrost. Place frozen wontons directly into boiling water and follow the same method as Cooking Wontons Right Away (above). It will take a little longer for them to bob to the top. Then add the cup of cold water and re-boil the same way.

OPTIONS FOR SERVING: We enjoy them simply boiled like this, with a dipping sauce (see Easiest Dipping Sauce ingredients) or serve the boiled wontons in homemade chicken broth which is the ultimate cozy meal on a wintry night. OR when we haven't gobbled them up too quickly, we let them stand 10-15 minutes after boiling to dry out slightly, then panfry on a skillet in a bit oil, until golden brown on the edges. I love any and all of these options!

You may also like my **ULTIMATE DUMPLING SAUCE** which involves a few more ingredients than the one in this blog post → recipe in caption [here](#) 🍡