

Flaming Pork Wontons

*Susan Selasky - Detroit Free Press
Scraps Newspapers*

Servings: 4

Yield: 36 wontons (four servings)

*1/2 pound ground pork
2 tablespoons carrots, minced
2 tablespoons green onions, minced
1 teaspoon fresh ginger, minced
2 tablespoons oyster sauce
1/4 teaspoon sesame oil
36 wonton skins*

SAUCE

*1 cup reduced-sodium soy sauce (50% less)
2 tablespoons rice vinegar or white vinegar
1 tablespoon chili oil
1 teaspoon chili paste (Sambal Oelek) or more to taste
2 tablespoons sugar
1/2 teaspoon garlic, minced
sesame oil (to taste)*

FOR COOKING

*1 to 2 tablespoons canola oil
1 cup chicken broth, divided*

GARNISH

*sliced green onions
chopped cilantro
sesame seeds (optional)*

Preparation Time: 40 minutes

In a medium bowl, combine the pork, carrots, onions, ginger, oyster sauce and sesame oil. Make sure that the mixture is smooth. (If you don't have ground pork, process a 1/2-pound piece of pork tenderloin in a food processor until it is very small pieces.)

Have ready a small bowl of water and a brush. Working with six wontons at a time, set out the squares on a work surface. Place a scant one teaspoon of the pork mixture just slightly above the center in the wonton. Moisten all of the corners. Fold over in a triangle, sealing the edges. Grab the two corners at the long edge and bottom; turn them toward the center to meet. Pinch together.

In a small saucepan, combine all of the sauce ingredients and bring to a boil. Reduce the heat. Keep warm. Taste and adjust the seasonings to your level of spiciness.

In a large nonstick skillet, heat a small amount of vegetable oil over medium heat. Working in batches, add half of the wontons. Cook until the bottoms are slightly browned. Add 1/2-cup of the chicken broth. Cover with a lid and cook for 8 minutes. Remove to a platter. Cover to keep the wontons warm. Repeat with the remaining wontons.

Using a shallow bowl or serving plate, pool the desired amount of the sauce on the bottom. Place the wontons in the sauce. Garnish with green onions, cilantro and, if desired, a sprinkle of sesame seeds.

Per Serving (excluding unknown items): 672 Calories; 67g Fat (89.1% calories from fat); 11g Protein; 8g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 279mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 12 1/2 Fat; 1/2 Other Carbohydrates.