

Wonton

A simple fast food for breakfast.

INGREDIENTS

Serves 6—8

Wonton wrappers 500g/pkt(available in Makro)

Filling

Seaweed

Dry shrimp

Spring onions

Deep boiled pork bones soup

For the filling

0.5kg chopped pork jowl (you can use pork mince instead)

300ml pork bone soup (you can use water instead).

1 egg

1 spring onion

3 tsp salt

White pepper powder

Salt



1.

Take a wonton wrapper.



2.

Put 1 tsp filling
in the middle of the wrapper.



3.

Choose two opposite corners
and pinch them together.



4.

Then
pinch the other two corners together.



5.

Heat up the soup or water
and boil the wontons for about 10 minutes
until they are floating on the liquid..



6.

Prepare the seaweed,
dry shrimps and spring onion



7.

Put some cooked wontons in a bowl.
Cover with soup and add seaweed,
dry shrimps and spring onion to taste.



Cong You Bing (Flat bread with leeks)

A very famous traditional snack from Shanghai

INGREDIENTS

Serves 3--4

0.5kg flour

2 leeks

Black sesame seeds

Oil

Salt

Water

one bowl of oil paste (See below)



For the oil paste

Half bowl of flour

1/2 tsp sugar

1 tsp salt

6 tbsp oil

Put the oil in the hot pan, leave the oil in the pan for one minute.

Pour the hot oil in the bowl, mix everything together.

1.

Put the flour into a large bowl and add water..

Mix to form a dough.

Cover the pan and wait for 30 minutes.

Then knead the dough.



2.

Chop the leeks into very small pieces and put them into a small bowl.

3.

After 15 minutes,

knead the dough again until smooth.



4.

Cut a small piece of dough and roll it until thin, then brush the paste onto the dough. Cut the dough into pieces and put some leeks on it.



5.
Roll the dough and swirl, then use a rolling pin to roll it flat again, and sprinkle some black sesame seeds on the flat bread.



6.

Pour 1 tbsp of oil into the pan, then put the flat bread in the pan,. Cook for 3 to 4 minutes. Start on high heat then turn to lower heat and turn the flat bread half way through the cooking time.



7.

When the flat bread is golden brown on both sides, take the flat bread out and cut it