



Hawaiian Wonton Recipe

Preparation Time	10
Cooking Time	45
Serving Size	7

Ingredients:

FOR THE FILLING

- 250 g pork, ground
- 3/4 cup singkamas, chopped
- 1 Tbsp garlic, minced
- 2 Tbsp flour, all-purpose
- 3 Tbsp onion, green, chopped
- 1 can DEL MONTE Crushed Pineapple (227g), drained
- 2 Tbsp soy sauce
- 1/8 tsp pepper

- 1 pack wonton wrapper
- 3 cups oil, for deep frying

FOR THE SAUCE

- 1/4 cup DEL MONTE Original Blend Ketchup (320g)
- 1/4 cup DEL MONTE Red Cane Vinegar
- 1/2 cup sugar, white
- 2 Tbsp cornstarch, dissolved in 1/4 cup water
- 1/3 tsp salt

Preparation:

1. Combine all ingredients for filling. Season with soy sauce and pepper. Mix well. Place 1 teaspoon of mixture in wonton wrapper. Moisten edges with water. Fold to form a triangle, then press edges together. Deep-fry in oil until golden brown. Drain on paper towels. Set aside.
2. Combine sauce ingredients in a sauce pot. Add salt. Simmer until thick. Serve with fried wonton.

Chef's Tip

Deep fry in hot oil. Oil that is not hot enough makes for an oily and soggy wonton. On the other hand, oil that is too hot will burn the wonton quickly. Take a piece of wonton wrapper and drop into the hot oil. If the wrapper comes back to the top and the oil starts to bubble around it, it is hot enough.

Lusog Notes

This dish is a source of protein which is important for growth, development and repair of body tissues. It also has iron that is important for normal metabolism.

Cooking Skills Needed

- Mixing
- Cutting
- Deep Frying

Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon
- Wooden Spatula
- Pot