

Make your own Won Ton Soup!



Saturday, October 13, 2018 at 11:00 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person Instructor: Cassie Xin

A Chinese soup that is prepared with wontons, which are small dumpling-like morsels filled with various meats, seafood, or vegetables, a clear broth, and several seasonings that may include soy sauce, cilantro, pepper, scallions, and sesame oil etc...

We'll make it as a group and then eat it for lunch!

You'll be surprised how fast and easy this is to make.

Won Ton Soup: is a healthy option for when the weather changes!



YOU MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS

Won Ton Soup Class on October 13, 2018 at 11:00 am. Please mail and make your checks payable to:
Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email:
Barbara.Gagnon@pomfretct.gov

Name: _____ Email address: _____

Home Address: _____

Home Phone # _____ Emergency Phone # or Cell # _____

Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain _____

\$10.00 paid on ck. # - _____ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature _____ Date: _____

Wontons ingredients:

- 0.5 lb lean pork mince (ground pork)
- 2 oz peeled prawns / shrimp , roughly chopped
- 1 tbsp ginger , finely grated (1.5" / 3cm piece)
- 2 shallots / green onions , finely chopped (5 tbsp)
- 1 tbsp light soy sauce (1)
- 2 tbsp Chinese cooking wine (Shaoxing wine) (2)
- 1/2 tsp salt
- 2 tbsp sesame oil (3)
- 24 wonton wrappers (4)

Broth (for 2 servings)

- 3 cups / 750 ml chicken broth (5)
- 2 garlic cloves , smashed (6)
- 1/3" / 1 cm piece of ginger , sliced
- 1½ tbsp light soy sauce (1)
- 2 tsp sugar (any)
- 1½ tbsp Chinese cooking wine (2)
- ¼ - ½ tsp sesame oil (3)

To Serve

- Shallots / scallions , finely chopped
- Bok choy or Chinese broccoli, cut (optional)
- Cilantro (optional)
- Dried Seaweed (optional)
- Dried tiny shrimp (optional)
- Pickled mustard (preserved)- optional