

Welcome to another **House** in the **Hub** Community Activity



It's simple, its tasty, its quick and its FREE!!!
Tuesday Feb community Fun

Grab a wine and join June in smashing out some tasty treats.



Inverloch Community House
@inverlochcommunityhouse · Community



www.inverlochcommunityhouse.org.au Phone: (03) 5674 2444



Tip: the key for this cooking class is have everything chopped, cut, shredded and measured.

Wontons

****Vegetarian option** Mushroom and Tofu**

- 1 small packet of minced pork
- 2 crushed garlic chopped fine
- 2 coriander stalks chopped fine
- 2 spring onions, roughly chopped
- ¼ cup cabbage, finely shredded and chopped
- ¼ tsp Chinese 5 spice
- 1 tbsp cornflour
- about 10-20 wonton wrappers
- Oil for deep-frying
- Salt and freshly ground black pepper

Dipping sauce

- 1 red chillies, seeded and sliced
- 1 garlic clove chopped fine
- 3 tbsp dark soy sauce
- 3 tbsp lemon or lime juice



Wine pairing recommendation for this dish is to always go local. Try the 2020 The Dirty Rizza Riesling from Dirty 3 and for me my local is the Marsanne from Barwon Ridge or a nice Ros`e will go well.

Method:

- Combine pork, garlic, coriander, spring onions, cabbage, Chinese 5 spice, cornflour salt and pepper and mix well.
- Heat *oil to medium not smoking hot
- Place a little of the prepared filling on to the wontons in the centre. Brush the edge with a little water and fold into either a diamond or money bag and pinch together lightly.
- Prepare dipping sauce and set aside in a serving bowl.
- Deep-fry the wonton a few at the time for about 2-3 minutes or until cooked an crispy brown. Remove and drain on paper towel.
- Serve with dipping sauce.
- instead of oil you can boil the wontons.

Tip: Any left over wontons wrappers can be frozen. If you have made extra wontons they can also be frozen however make sure that you add extra corn flour over the top and lay flat as this will make it easier to separate when you next use them. Also you don't need to defrost them, they will be ready to use.

Tip: the key for this cooking class is have everything chopped, cut, shredded and measured.

Vegetable Chow Mein

2 tbsp oil
½ cup cashew nuts
2 carrots, cut into thin strips
½ green capsicum, cut into thin strips
2 spring onions, cut into thin strips
1 1/2 cup of shredded cabbage
1 cup beansprouts
8 oz medium or thin egg noodle
2 tbsp toasted sesame seeds to garnish



Dipping sauce

2 tbsp light soy
1 tbsp hoisin sauce
200ml cup of vegetable stock
2 lemon, juiced
1 tbsp sugar
2 tsp cornflour
¼ tsp sesame seed oil

Extra

Boiled water for the noodles



Method

Dipping sauce

Mix all the ingredients for the lemon sauce in a jug and set aside.

- Heat oil in a flying pan or wok.
- Add cashew nuts and toss until golden brown, then remove and set aside.
- Add carrots, cabbage, spring onions and stir for 2 -3 minutes then add capsicum and bean sprouts.
- At the same time in a separate pot, boil the noodles as per instructions on the packet.
- Drain and toss into the stir fried vegetables.
- Add lemon sauce, cashew nuts and stir quickly to coat the vegetables about 2 minutes.
- Garnish with sesame seeds