



KEMENTERIAN
KELAUTAN DAN
PERIKANAN

MAKING SHRIMP WONTON



BerAKHLAK > **bangga**
melayani
bangsa
Berorientasi Pelayanan Akuntabel Kompeten
Harmonis Loyal Adaptif Kolaboratif

Learning Objectives

General Objectives

After completing this lesson, participants can understand fishery product processing technology shrimp wonton processing.

Specific Objectives

After completing this lesson, participants can explain the process of making shrimp wontons, the tools and materials used in making shrimp wontons and packaging shrimp wontons.

What is shrimp wonton

Wonton, is a food made of minced meat wrapped in a sheet of flour. Wontons are usually boiled and served in soup. Wontons can also be deep fried in a lot of cooking oil. Wontons are generally made from shrimp, fish or vegetables. In Indonesia, Wontons are mainly made from fish or a mixture of chicken and shrimp with the addition of chopped ginger, onion, garlic.

Filling/ Stuffing

- | | | | |
|---------------------------|----------------|-----------------------|-------------|
| • Shrimp meat | : 500 gr | • Sesame oil | : 2 tablsn |
| • Tapioca flour | : 250 gr | • Salt | : 1 teasn |
| • Red onions/shallots | : 6 cloves | • Sugar | : 1 teasn |
| • Garlic | : 6 cloves | • Stock powder | : 2 gr |
| • Ginger (finely chopped) | : 3 gr | • Pepper powder | : 2 gr |
| • Spring onions | : 3 leaves | • Chinese cabbage | : 150 gr |
| • Fish sauce | : 2 tablespoon | • Eggs | : 1 egg |
| • Sesame oil | : 2 tablespoon | • Wonton wrapper/skin | : 40 sheets |
| | | • Ice | : as needed |

Skin Ingredients

- Low protein wheat flour : 500 gr
- Tapioca flour : 2 tblspn
- Cooking oil : 2 tblspn
- Salt : 1 tblspn
- Stock/broth powder : 1 teaspn
- Pepper powder : 1 teaspn
- Hot water : 250 ml

Equipments

- *Food Processor*
- Blender
- Stove
- Frying pan
- Stainless steel basin
- Food thongs / spoon
- Knife
- Cutting board
- Spoon and fork
- Bowl
- Digital scale

Making Wonton Skin

- Mix all the skin ingredients together then add water and knead until smooth, supple, and pliable.
- Rest the kneaded dough for about 10-30 minutes. While resting, cover the dough with plastic wrap or a damp cloth to prevent it from drying out.
- Mill the dough using pasta mill. The first step is to roll the dough with the biggest hole and do this 2-3 times. After that, roll out the dough with smaller holes until the dough is thin enough.
- Cut the wonton skin into size of 10 x 10 cm. This is the standard size of wonton skins sold in the market. However, for the size you want, you can adjust it according to the wonton dough filling.

The Steps of Making Wonton

1 Preparing the equipments and ingredients

2 Grounding shrimp meat

3 Making the dough

4 Shaping the wonton

5 Frying

6 Packing

Preparing the Equipments and Ingredients

- Make sure all the equipments are thoroughly clean.
- Prepare and weigh all the ingredients
- Prepare the fresh shrimps, remove the skin, legs and heads, leaving only the meat.
- Wash the meat under a running water to remove all unwanted debris and contaminants then dry it.

Grinding the shrimps

Grind the shrimps into paste using food processor, add salt and ice as necessary.

Making the dough

If the shrimp is grounded using food processor, making the dough can be done by directly adding all other ingredients into the food processor without having to transfer the grounded shrimp into another container. Pour the additive ingredients once at a time, little by little into the food processor and mix well.

Shaping the wonton

As the dough ready, wonton can be made manually. Place a ½ tablespoon of filling onto the wonton skin. Fold lengthwise, then brush both edges with batted egg or water. Then meet both edges.

Frying

Wontons that have been formed are then deep fried in hot cooking oil. Once cooked (yellowish color) remove and drain. Leave the fried wontons cool then pack them into plastic packaging. Wontons can also be half-cooked and packed in plastic packaging and to be stored in freezer to make them last longer.

Packing

The cold wontons are packaged in plastic packaging and tightly closed using a sealer. The packages vary sizes of $\frac{1}{4}$ kg, $\frac{1}{2}$ kg or 1 kg, depending on the market demand. On the plastic packaging, a label can be attached informing the contents of the package and the manufacturer.



Terima Kasih.

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