

# **TRAINING MODULE**

## **MAKING SHRIMP WONTON**

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**BADAN RISET DAN SUMBER DAYA MANUSIA KELAUTAN DAN PERIKANAN**

**BALAI PELATIHAN DAN PENYULUHAN PERIKANAN (BPPP)**

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## CHAPTER I

### PREFACE

#### 1.1. Background

Dumplings or sometimes referred to as wontons, are minced meat wrapped in a sheet of flour. After boiling for a while, dumplings are usually served in soup. Besides being boiled, dumplings are deep fried in cooking oil until they look like crackers. Dumplings are a type of dim sum.

Dumpling filling is generally made from shrimp, fish or vegetables. In Indonesia, dumpling fillings are mainly made from fish or a mixture of chicken and shrimp with the addition of chopped ginger, shallots, garlic. The seasoning for the dumpling filling can be soy sauce, oyster sauce, and sesame oil. As for the dumpling skin, it is made from a mixture of wheat flour, water, and table salt. The dough is thinned and cut into squares. Dumpling skins or wrappers can be easily made at home but are also available for sale in packs of 10 to 20 sheets. When making dumplings (not tofu meatballs), the skin of the wonton is used to wrap the minced meat.

In Indonesia, wonton/ dumpling skin sometimes is also served without filling. Various Indonesian foods that use dumplings, for example: soup dumplings, fried dumplings, soup fried dumplings, wonton noodles, and *cwie mie*. In the noodle soup dumpling dish, the dumplings are often served separately in a small bowl. In addition, dumplings are usually served with a bowl of beef meatballs. Most Malang meatballs use dumplings as an addition to the meatball filling.

Wonton in Xiamen (Fujian) and surrounding areas, as well as Taiwan, is called (*biǎn shí*) or *pian sit* in Hokkien. In Fujian, similar but smaller foods are called (pinyin: *biǎn ròu yàn*). The filling is a mixture of pork and sweet potatoes. In most countries of the world, the common name for dumplings is wonton. The word wonton comes from Cantonese. In Chinese, this dish is written as (pinyin: *húntun*). In Sichuan and Chongqing, dumplings are

called (chāo shǒu), and are served in a spicy soup seasoned with la you and andaliman.

This shrimp wonton is an alternative for processing fish products in order to diversify fishery products. In addition to being quite popular among the public, it is hoped that the diversification of processed products will allow the development of new products that are more attractive to the public, so as to increase the added value of these processed fishery products.

### **1.2 General Learning Objective**

After completing the training, participants can understand fishery product processing technology, especially the making of shrimp wontons and are able to practice making shrimp wontons.

### **1.3 Specific Learning Objectives**

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

## **CHAPTER II**

### **EQUIPMENTS AND INGREDIENTS**

#### **2.2. Identifying the Ingredients**

##### **2.2.1. Main Ingredients**

The raw material used in the wonton processing is shrimp. Shrimp is one of the preferred seafood products and is widely consumed by the public even though some consumers are sensitive (allergic) to it. Compared to land animals, shrimp meat has better eating quality because it is not tough, homogeneous and does not contain large blood vessels and muscles. Shrimp is very popular in the market because of its distinctive taste, therefore shrimp in both fresh and processed forms is highly favored by consumers.

Although the market price of shrimp is quite high, most people still choose to consume shrimp as a fulfillment of animal protein needs. Due to its high protein content, shrimp is a commodity that is easily damaged (perishable) due to the activities of enzymes and bacteria, therefore shrimp handling greatly affects the quality of processed products. To maintain good quality, it is necessary to apply quality standardization of raw materials, handling methods, cooling and sanitation methods, in all stages of production (manufacturing, marketing and distribution). Therefore, there are several important things that must be considered when choosing shrimp as a raw material for processed products, including:

1. Shrimp comes from uncontaminated waters or pond locations
2. The head of the shrimp remain intact and not red in color which indicate that the shrimp is still fresh and safe for consumption
3. Skin texture that is still fresh and firm
4. The texture of the shrimp meat is still chewy
5. The color of the flesh on the shrimp is bright, clear, and not dull

6. Does not emit a pungent odor.
7. Must be clean.

### **2.2.2. Additive ingredients**

#### **1. Flour**

Tapioca flour added in wonton as a filler. Filler can be defined as non-meat material added to an “emulsion system” of wontons which binds a certain amount of water. It also aims to improve emulsion stability, reduce shrinkage during cooking, improve product slices, improve taste and reduce production costs. The quality of flour used as a food ingredient will determine the quality of the food produced. Good quality flour can be seen based on the characteristics, such as white in appearance, no musty smell, smooth in texture.

#### **2. Ice Water**

Ice water is very important in making wonton dough because it helps the formation of the dough, improves the texture, and plays a role in maintaining the temperature of the dough. Hot dough tends to damage the protein of the prawn meat, so the wontons will be mushy in texture. The water / ice used must meet the requirements for drinking water, namely odorless, colorless and tasteless

#### **3. Egg**

Eggs are known as a commodity with very high nutritional value, good taste, and easy to digest. Eggs consist of two main parts, namely the white part and the yolk part. The white part of the egg is basically a colloid solution of protein, it also contains vitamins and mineral salts in small amounts. The main protein found in egg whites is albumin. The yolk portion is an emulsion of fat in water. The main protein contained in this section is vitellin. Besides protein, it also contains vitamins (vitamin B complex and vitamin

A) and mineral salts such as phosphorus, iron, and calcium. The essential amino acids that humans need are also contained in the egg yolk. The eggs used in making these wontons are chicken eggs and serve as a binder for other ingredients in the dough, giving it a delicious taste, and giving the dough an even and smooth texture. Eggs have an emulsifying power so as to maintain the stability of the dough.

#### **4. Shallots/ Red Onions**

Shallots or red onions are used as a spice in cooking to add flavor. Shallot have an aromatic component that can be obtained by distillation or spontaneous extraction by peeling, chopping or grinding. The aroma of sliced (crushed) shallots serves as a precursor aroma that gives rise to a spicy smell (Sudirja 2001).

#### **5. Garlic**

Garlic is used as a flavor enhancer and to add flavor to the resulting product. Garlic is used both for cooking and as a medicinal plant. Garlic contains anti-bacterial and fungal substances and can maintain the durability of processed products

#### **6. Sugar**

Sugar is produced from the crystallization process of sugarcane juice obtained by squeezing or pressing. Sugar can function as a natural preservative for foodstuffs because of its properties that can bind water to the ingredients and reduce the diffusion of oxygen into foodstuffs so as to prevent microbial growth. At a concentration of not less than 60%, it can prevent the growth of bacteria and molds (Ferisa 2005).

#### **7. Salt**

Salt is used as a spice to provide flavor and as a food preservative. Salt acts as a selective inhibitor of certain polluting microorganisms. Pathogenic microorganisms, including

Clostridium botulinum can be inhibited by a salt concentration of 10-12% (Buckle et al. 1987).

### **2.2.3. Ingredient Composition**

#### **1. Wonton Stuffing**

- Shrimp meat : 500 gr
- Tapioca Flour : 250 gr
- Shallots/ red onions : 6 cloves
- Garlic : 6 cloves
- Ginger (finely chopped): 3 gr
- Onion spring : 3 stalks
- Fish sauce : 2 tablespoons
- Sesame oil : 2 tablespoons
- Salt : 1 teaspoon
- Sugar : 1 teaspoon
- Powdered Broth : 2 gr
- Pepper powder : 2 gr
- Chinese Cabbage : 150 gr
- egg : 1 egg
- Skin (wrapper) : 40 sheets
- Es batu : as needed

#### **2. Wonton Skin (Wrappers)**

- Medium protein wheat flour : 500 gr
- Tapioca flour : 2 sdm
- Cooking oil : 2 sdm
- Salt : 1 sdt
- Powdered broth : 1 sdt
- Pepper powder : 1 sdt
- Hot water : 250 ml

### **2.3. Equipment Identification**

The equipment used in the shrimp wonton processing has a smooth and flat surface, does not peel, does not rust, is not a source of microbial contamination, does not crack, does not absorb water, does not affect product quality and is easy to clean. All equipment is clean, before, during and after being used in the shrimp wonton processing process.

#### **2.3.1. Types of Equipment**

The types of equipment used in the processing of shrimp wontons are as follows:

1. *Food Processor*
2. Blender
3. Stove
4. Frying pan
5. Stainless steel basin
6. Food tongs
7. Knife
8. Cutting board
9. Spoon and fork
10. Bowl
11. Digital scale

## **CHAPTER III**

### **PROCESSING SHRIMP WONTON**

#### **3.1. Stages**

##### **1. Preparing Equipments and Ingredients**

- Prepare and ensure that the equipment that will be used in the process of making shrimp wontons is clean
- Prepare and weigh the ingredients.
- Prepare fresh prawns, the first step is to separate the meat from the skin, legs and head of the shrimp, so that only shrimp meat is obtained.
- Wash with water to remove the remaining dirt. Then, rinse the shrimp meat using running water, then drain the shrimp until the water is no longer dripping.

##### **2. Making Wonton Skin/ Wrapper**

- Wheat flour, tapioca flour, salt, cooking oil, sugar, salt, broth powder and ground pepper are mixed together then add water and knead until smooth, chewy, and pliable. The dough is ready when it is no longer sticky.
- Rest the kneaded dough for about 10-30 minutes to allow time for the gluten in the flour to develop. This can make the dough chewier. While resting, cover the dough with plastic wrap or a damp cloth to prevent it from drying out.
- Milling dough using ampia / pasta mill. The first step, roll the dough with the largest hole for 2-3 times. After that, roll out the dough with smaller holes until the dough is thin enough. The thinness of the dough must also be considered so that when making the wonton the skin is not easily torn or broken. On the other hand, the thickness of the dough must also be considered, if the dough is too thick, the wonton skin will not be crispy when fried.

- After grinding, the wonton skin will be in the form of sheets that are ready to be cut to the desired size. Cut the wonton skin with a 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.

### **3. Grinding the Shrimp Meat**

Shrimp meat is mashed by pounding it in a mortar (pounded), using a food processor for the home made industry or for a larger scale business you can use a grinding machine. This treatment will produce mashed meat resembling the shape of a paste.

Put the washed / cleaned shrimp meat into a food processor, then add salt and ice cubes as needed. This treatment is one of the processes that has an important effect on the formation of gel in the mashed meat dough. Then continue grind the meat in the food processor until it is smooth/soft and has a chewy texture.

### **4. Making the dough**

When using a food processor in the process of grinding, forming dough and adding additional ingredients, can be done in the machine without the need to move the meat paste. If done manually use a wider container so that it is easier to mix. Add flour and spices gradually little by little, in a food processor or stirred by hand if done manually until the dough is completely homogeneous. Keep in mind that salt does not need to be added anymore because it has been mixed during the grinding process.

### **5. Shapping/ forming the Wonton**

The ready dough can be shaped into wontons manually. Prepare wonton skin, fill a wonton skin with 1/2 tablespoon of dough. Fold it lengthwise, then lightly brush the ends of both sides with egg or water. Then join the two ends.

## **6. Frying**

Wontons that have been formed into several folds are then fried in hot cooking oil. Once cooked (yellowish color) then removed and drained. When it has cooled, pack it in plastic packaging. It can also be after half cooked, the wontons are fried then cooled and then packaged in plastic packaging and can be stored in the freezer to make them last longer.

## **7. Packing**

The cold wontons are packaged in plastic packaging and tightly closed using a sealer. Package sizes vary between  $\frac{1}{4}$  kg,  $\frac{1}{2}$  kg or 1 kg, according to market demand. On the plastic packaging, a label can be attached explaining the contents of the package and the manufacturer. Before being marketed, shrimp wontons can be stored in a refrigerator or refrigerator at a temperature of 5°C. At this temperature, shrimp wontons can last up to 30 days. For long distance shipping, wontons need to be vacuum packed, then frozen in a freezer and stored in cold storage.

## **CHAPTER IV**

### **CONCLUSION**

Shrimp wonton is a diversified product of processed fishery products made from shrimp. Shrimp is one of the fishery products that are preferred and consumed by the community even though there are some consumers who are sensitive (allergic) to it. Compared to land animals, shrimp meat has better eating quality because it is not tough, homogeneous and does not contain large blood vessels and muscles. Shrimp is very popular in the market because of its distinctive taste, therefore the marketing of shrimp in both fresh and processed forms is highly favored by consumers.

Although the price of shrimp in the market is quite high, most people still choose to consume it as a fulfillment of animal protein needs. Due to its high protein content, shrimp is a commodity that is easily damaged due to the activities of enzymes and bacteria, therefore shrimp handling greatly affects the quality of processed products. The stages of making the shrimp wontons are as follows: Making wonton skins, grinding shrimp meat, forming dough, forming wontons, frying and packaging.