Potsticker Cups



Makes 12 bite-sized appetizers

One recipe per unit

12 wonton wrappers

10-15 mL vegetable oil, to brush on wonton wrappers

**Filling ingredients:**

10 mL sesame oil

1 clove garlic, minced

10 mL fresh ginger, minced (~1 cm slice)

125 g ground pork, chicken or turkey



¼ small carrot, grated

250 mL Napa/Chinese cabbage, finely chopped

½ green onion, finely chopped

2 mL salt

15-20 mL soy sauce



**Dipping/Topping Sauce ingredients:**

5 mL kecap manis (thick, sweet soy sauce)

15 mL rice vinegar

½ clove garlic, minced

2½ mL brown sugar

**\*\*\* Tasks (wrapper preparation, filling & sauce) should be divided amongst group members and \*\*\***

**\*\*\* prepared concurrently. Dip ingredients need time for sugar to dissolve and flavours to blend. \*\*\***

**Preheat oven to 350°F (175C).**

**Wrapper preparation:**

1. Lightly brush each of the wonton wrappers on one side with vegetable oil.
2. With oiled side **DOWN**, gently press each wrapper in to a cup of a mini-muffin pan, leaving space to place filling in the top. Edges of wrapper should extend above pan by about 1.5-2 cm. Note: If wrappers are too large, or if you are using square wrappers, they may be cut to size with a biscuit cutter.
3. Bake 5-7 minutes or until edges are crisp and golden brown. Remove from oven to cool.

**Filling:**

1. Heat sesame oil in a frying pan over medium (or slightly lower) heat.
2. Sauté grated carrot, minced garlic (½ clove) and ginger just until tender.
3. Add ground pork, chicken or turkey to pan and cook, stirring, until partially cooked (2-3 minutes).
4. Add chopped cabbage and continue to cook until cabbage is tender and meat is no longer pink.
5. Stir in finely chopped green onion and soy sauce. Cook 1-2 minutes longer.

**Sauce:**

1. Combine sauce ingredients and stir to dissolve sugar.
2. Place in a small bowl to serve. Provide a spoon for adding sauce to prepared appetizer cups.
3. Stir again immediately before serving.

**Serving:**

1. Gently spoon warm filling into baked wonton cups, dividing filling equally between them.
2. Spoon a little sauce into each cup immediately before eating.