



MONKEY BUSINESS CAMP  
Summer + School Break Day Camps for Kids

### Fried Veggie Wontons Recipe

#### Ingredients:

Wonton Wrappers-square, purchase at most stores

3 fillings, each in bowls, and then have one bowl of water, forks and cutting boards

- Tofu (firm)-press entire block between rags, to get out some moisture, then crumble and add some grated ginger (we usually do not tell the kids about this ingredient, but helps bring in some nice flavor)
- Carrots-grated
- Green Onion-Sliced

Dipping sauce-mixture of two below, not equal amounts, less vinegar (to taste):

- Tamari
- Rice vinegar

#### Other Items:

Tongs for flipping

Cookie sheet- set up with some paper towels, so can drain before serving

Oil for frying: high point oil-e.g. safflower, corn-one without a lot of flavor

Cast Iron pan or similar heavy duty pan- fill with oil-inch or two, inch if only frying two at a time, more for additional, so can keep oil hot.

Heat oil to 350 degrees.

#### Assembly:

Lay out ingredients in bowls and also have a bowl of water

Place wonton on a cutting board

Add a little bit of each item (or what you want) into the middle (keep smallish, so you can close)

Dip finger in bowl of water and add water to two sides of the wonton to create a slip.

Fold over one side to the other (we do triangular shape at camp)

Press closed with fingers, then with the prongs of a fork for best seal.

#### Cooking:

Cook on each side until golden, then pull out with tongs to cookie sheet to rest for a minute. They are very hot when first come off, so this gives some time to cool, and let anyone know to eat slowly/check on temp, as hot.

Serve with dipping sauce. *ENJOY!!!*