

# Pork and Lemon Grass Won Tons

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 56 won tons**

*13 ounces pork mince*  
*1 teaspoon fresh ginger, finely chopped*  
*1 stem lemon grass (white part only), finely sliced*  
*1 can (7-1/2 ounce) water chestnuts, drained and finely chopped*  
*2 tablespoons fresh garlic chives, finely chopped*  
*1/2 teaspoon chili paste*  
*2 tablespoons plum sauce*  
*1 teaspoon chili oil*  
*1 teaspoon sesame oil*  
*1 tablespoon cornflour*  
*56 (3-inch) (about 2 packs) won ton wrappers*  
*oil (for deep-frying)*  
**DIPPING SAUCE**  
*1/2 cup light soy sauce*  
*1/4 cup balsamic vinegar*  
*1 teaspoon fresh ginger, finely grated*  
*1 teaspoon chili oil*

## **Preparation Time: 40 minutes**

### **Cook Time: 20 minutes**

In a bowl, place the pork mince, ginger, lemon grass, water chestnuts, garlic chives, chili paste, plum sauce, chili oil, sesame oil and cornflour. Mix with your hands. Cover. Chill for one hour.

For the dipping sauce: In a bowl, combine the soy sauce, vinegar, ginger and chili oil. Mix well.

Work with one won ton wrapper at a time, keeping the rest covered. Spoon two teaspoons of the filling onto the center of each wrapper. Lightly brush the edges of the wrapper with water. Gather up the ends, bring the edges together in the center and press firmly to seal. Repeat with the remaining wrappers and filling.

Fill a deep, heavy skillet one-third full of oil. Heat the oil to 350 degrees. The oil is ready when a cube of bread dropped into the oil turns golden brown in 15 seconds. Deep-fry batches of the won tons for 3 to 4 minutes, until lightly browned. Remove with a slotted spoon, drain on crumpled paper towels.

Serve hot with the dipping sauce.

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Per Serving (excluding unknown items): 180 Calories; 5g Fat (25.8% calories from fat); 8g Protein; 23g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4990mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 1 Fat.

**Per Serving Nutritional Analysis**

|                                       |        |                             |       |
|---------------------------------------|--------|-----------------------------|-------|
| <b>Calories (kcal):</b>               | 180    | <b>Vitamin B6 (mg):</b>     | trace |
| <b>% Calories from Fat:</b>           | 25.8%  | <b>Vitamin B12 (mcg):</b>   | 0mcg  |
| <b>% Calories from Carbohydrates:</b> | 54.6%  | <b>Thiamin B1 (mg):</b>     | trace |
| <b>% Calories from Protein:</b>       | 19.6%  | <b>Riboflavin B2 (mg):</b>  | trace |
| <b>Total Fat (g):</b>                 | 5g     | <b>Folacin (mcg):</b>       | 2mcg  |
| <b>Saturated Fat (g):</b>             | 1g     | <b>Niacin (mg):</b>         | trace |
| <b>Monounsaturated Fat (g):</b>       | 2g     | <b>Caffeine (mg):</b>       | 0mg   |
| <b>Polyunsaturated Fat (g):</b>       | 2g     | <b>Alcohol (kcal):</b>      | 0     |
| <b>Cholesterol (mg):</b>              | 0mg    | <b>% Refused:</b>           | n n%  |
| <b>Carbohydrate (g):</b>              | 23g    | <b>Food Exchanges</b>       |       |
| <b>Dietary Fiber (g):</b>             | trace  | <b>Grain (Starch):</b>      | 0     |
| <b>Protein (g):</b>                   | 8g     | <b>Lean Meat:</b>           | 1/2   |
| <b>Sodium (mg):</b>                   | 4990mg | <b>Vegetable:</b>           | 1 1/2 |
| <b>Potassium (mg):</b>                | 147mg  | <b>Fruit:</b>               | 1     |
| <b>Calcium (mg):</b>                  | 8mg    | <b>Non-Fat Milk:</b>        | 0     |
| <b>Iron (mg):</b>                     | 1mg    | <b>Fat:</b>                 | 1     |
| <b>Zinc (mg):</b>                     | trace  | <b>Other Carbohydrates:</b> | 0     |
| <b>Vitamin C (mg):</b>                | trace  |                             |       |
| <b>Vitamin A (i.u.):</b>              | 11IU   |                             |       |
| <b>Vitamin A (r.e.):</b>              | 1RE    |                             |       |

**Nutrition Facts**

|                                |                       |
|--------------------------------|-----------------------|
| <b>Amount Per Serving</b>      |                       |
| <b>Calories</b> 180            | Calories from Fat: 46 |
| <b>% Daily Values*</b>         |                       |
| <b>Total Fat</b> 5g            | 8%                    |
| Saturated Fat 1g               | 3%                    |
| <b>Cholesterol</b> 0mg         | 0%                    |
| <b>Sodium</b> 4990mg           | 208%                  |
| <b>Total Carbohydrates</b> 23g | 8%                    |
| Dietary Fiber trace            | 1%                    |
| <b>Protein</b> 8g              |                       |
| <b>Vitamin A</b>               | 0%                    |
| <b>Vitamin C</b>               | 1%                    |
| <b>Calcium</b>                 | 1%                    |
| <b>Iron</b>                    | 4%                    |

\* Percent Daily Values are based on a 2000 calorie diet.