



Roast duck ravioli

Try a wanton twist to an old fashioned favourite

THIS is a tribute to the lazy gourmet – which just about describes me and a whole lot of you out there. We are those who love to eat, enjoy good food but are not particularly fond of overly messy major cookouts in the kitchen.

But I've always believed true creativity is not about working with limitless resources. Innovation comes when you have to exercise those gifts with what little you have.

So take half a ready-roasted duck from the market or your friendly neighbourhood *shao la* or roast meat stall. Buy a dollar's worth of wanton or *shui jiao* skin and make yourselves some Roast Duck Ravioli. Sounds good? Looks good and tastes great! It's so easy to make that I hope it will inspire you to greater glory as a home chef.

Wonton skin or *shui jiao* skin is easily available. Just buy a pack off the tofu stall in the market or off the noodle racks in the supermarket.

The secret is to keep them moist and damp with a cloth while you wrap the dumplings.

Also, have ready a little bowl of water with a teaspoon of cornflour added. This thin paste will help you "glue" the dumpling together.

Don't be too ambitious and

try the fancy folds you see the wanton man making. If you are a novice at this, concentrate on making a dumpling that will survive the boiling process without losing its filling.

And like they say in fashion circles, accessorise, accessorise, accessorise.

Which is, translated into culinary terms, make your dumpling look good as well as taste good.

For example, I used carrot flowers in the clear chicken stock soup. And just before serving, I sprinkled on curls of spring onions.

The carrot flowers add colour, and the spring onion curls add fresh flavour.

You can use whatever meat your family favours for the filling, but I chose two fillings this week – a chopped roast duck with fresh shiitake mushrooms moistened with egg white, and our favourite minced chicken and whole prawn.

Another tip for the novice. Choose the round and larger *shui jiao* dumpling skin if this is your debut attempt. Place the filling slightly off centre and fold over for a smaller *jiaozi*.

For the duck ravioli, use two pieces of *shui jiao* skin. Heap a tablespoon of duck and mushroom mixture on one, cup it in your hands and cover the first with the second skin, tamping down the moistened edges. Have fun!

Drop me an email if you have questions.



by
Pauline
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WINNING LETTER:

I am a full-time housewife who enjoys reading and preparing the various recipes you have published. They are easy to prepare and most importantly, taste delicious and delightful. Also, the brief introduction by Pauline D Loh is well-written and provide additional and useful cooking tips that one only gains through experience. Thanks, MAGGI and TODAY. Keep the recipes coming!

*Ms Irene Koh, Ang Mo Kio
via homechef@newstoday.com.sg*

Thank you, Irene. MAGGI culinary aids are carefully taste-tested so that they are easy to use and very tasty. Our philosophy is that the family that dines together, stays together. Your family is lucky to have such an enthusiastic home chef.

*Do you have a question about MAGGI products?
E-mail homechef@newstoday.com.sg.*

*The letter chosen for publication each week
WINS a MAGGI Hamper.*

THIS WEEK'S DIARY:

Fri, May 24 to Tues, May 28: Come visit the MAGGI booth during the Food Expo 2002 at the Singapore Expo Hall 5 for more great meal ideas.

TAKE A TIP TODAY



Wonton, jiaozi or ravioli?

Wonton:

Mostly Cantonese, using a mixture of minced meat and prawns. They are the tiniest of the dumplings, with the skin rolled diagonally and folded back to form a little nugget. Usually served with noodles, or deep fried, or served with a chilli oil sauce.

Jiaozi:

More Northern Chinese in origin, with a thicker skin made of flour. The Cantonese *shui jiao* (or literally soup dumpling) is a thin-skinned version, of the same thickness as a wonton skin, but made larger and round.

Ravioli:

They say Marco Polo invented spaghetti when he hung his noodles up to dry during that long sea voyage home. Whether you believe that or not, it is surely no coincidence that the Italian pasta is so very similar to Chinese noodles and dumplings. Raviolis are basically dumplings, with fillings. But the Italians prefer stronger flavours like tomato and cheese.



Roast Duck Ravioli or Chinese Boxes

Ingredients:

3 teaspoons MAGGI Concentrated Chicken Stock
Half a roast duck
300 gm dumpling skin
200 gm fresh shiitake mushrooms, diced
1 carrot, sliced
1 tablespoon green peas
Sesame oil, salt and pepper to taste
1 egg white, a little cornflour

Method:

1. Remove meat from the duck. Chop up meat.
2. Mix duck meat, diced mush-

rooms, green peas and egg white together, Season with salt, pepper and sesame oil.
3. Add the cornflour to a small bowl of water. Place a heaped spoonful of filling on one dumpling skin, moisten the edges and carefully place another skin on top, sealing edges by pressing them together.
4. In a saucepan, bring to a boil three small bowls of water. Add in the MAGGI Concentrated Chicken Stock. When water is at a rolling boil, poach the dumplings. They are cooked when they float to the top.
5. Serve the dumplings hot.

Garnish with spring onions and carrot slices.
(Preparation time: 25 minutes.
Serves four.)

Grocery List/Price Guide:

MAGGI Concentrated Chicken Stock 250g (\$2.94)
Half roast duck (\$6.00)
300 gm dumpling skin (\$1.00)
200 gm shiitake (\$1.00)
1 carrot (\$0.50)
Green peas (\$0.50)
Total cost: \$11.94

