

Veal Recipe Development Contest

Cincinnati State Technical & Community College-Entry in the Veal Recipe Development Contest

Student

Andrea Lazos

Supervising Instructor

Greg Skibinski

Recipe- Ginger Veal Wontons with Tamarind Sauce



Ingredients and Cost

Stew Meat	\$6.98/lb.
Scallions	\$0.88/bunch
Coleslaw Blend	\$1.57
Wonton Squares	\$2.52
Garlic	\$0.23/oz
Yellow Onion	\$0.88/pc
Ginger Puree	\$0.98/pc
Brown Sugar	\$0.11/oz
Mushroom Blend	\$0.32/oz
Rice wine Vinegar	\$0.13/oz
Pink Salt	\$0.08
Grapeseed Oil	\$0.21/oz
Thai Chili Paste	\$0.74/oz
Fish Sauce	\$0.46/oz
Canola Oil	\$0.6/oz
Tamarind Pulp	\$3.78/4 oz
Granulated Sugar	\$0.53/lbs.
Cumin Powder	\$0.05
Ginger Powder	\$0.05
<u>Water</u>	<u>\$0.00</u>
Total cost of Recipe	\$15.36
Cost of appetizer	\$1.53



Recipe: Ginger Veal Wontons with Tamarind Sauce

Yields: 30 Wontons

Servings: 10

Serving size: 3 Wonton

Recipe time: 50 minutes total (20 minutes prep, 20 minutes cooking, 10 minutes frying.)

Ginger Veal Wontons with Tamarind Sauce

		Food Items:
9	Oz	Stewing Beef
4.5	Oz	Asian Coleslaw Blend
30	Pieces	Wonton Squares & Bowl of water for sealing
1	Tsp	Fresh Ginger Puree
2	Oz	Scallions, Diced
2	oz	Yellow Onion, Diced
2	Tbsp	Brown Sugar
3	Cloves	Crushed Garlic
3.9	Oz	Mushroom Blend, Diced
½	Tsp	Thai Chili Paste
1	Tsp	Fish Sauce
1	Tsp	Rice Wine Vinegar
1	Tbsp	Grapeseed Oil
1	Tsp	Soy Sauce
1	Cup	Canola Oil (For Frying)
1/2	Cup	Tamarind Pulp
¼	Cup	Granulated Sugar
1/4	Tsp	Pink Salt
1	Tsp	Cumin Powder
½	Tsp	Ginger Powder
1/2	Cup	Water

Order of Work

1. Simmer: water, tamarind, granulated sugar, salt, cumin, ginger powder until thick and smooth sauce. Set aside.
2. Heat grapeseed oil and sauté beef, ginger puree, coleslaw, onions, garlic, mushrooms until tender.
3. Add: brown sugar, chili paste, fish sauce, vinegar, soy sauce and cook 3 minutes. Let cool.
4. Using water, coat edges of wonton square, add 1 Tbsp of meat mixture to center. Fold in half to form a triangle, press out air and seal corners. Repeat 29 times. Set aside.
5. Heat canola oil in sauté pan to medium heat. Fry wontons a few at a time until golden brown.
6. Serve warm with Tamarind sauce. Garnish with scallions, cilantro and reduced tamarind sauce glaze.

