Japaleno Macaroni and Cheese Dumplings

Description

Wonton wrappers one of my favorite low fat/carb options. Random leftovers have been a success into our wonton stuffing. To date, the tastiest is jalopeno mac and cheese.

Summary

Yield: 20
Prep Time: 30 minutes
Category: Appetizers
Cuisine: Asian
Tags: ravioli, macaroni, jalpeno, dumpling, cheese

- other favorite combos are:

1. Smashed pea & diced shrimp with white wine, alfredo sauce.

2. Chopped sausage, basil, mozzarello with red sauce.

3. Pumpkin/sweet potato, walnut, apple, cinnimon/pumpkin pie spice with marshmellow whipped cream sauce.

4. Chili spice, ground beef, kidney bean stuffed with cheddar cheese sauce.

5. Bourbon chicken cripy wonton and kidney bean ragout.

6. Caribbean curry roti stuffed with fruit chutney.

7. Crab/fish cake stuffed, drizzled with Erics remoulade sauce.

8. Raw thinkly sliced steak, mushroom reduction stuffed. Topped with micro greens and topped with crumbled or lightly shredded sharp cheese of choice.

Ingredients

- 1 pkg wonton wrappers
- 1 cup Jalpenos, diced
- 3 cups Macaroni and Cheese
- 3 tbsps corn meal
- 2 tbsps corn starch
- 4 tbsps water

Instructions

1. Mix corn starch and water to make a "corn starch slurry.'

2. Mix together macaroni - n- cheese and jalpenos. (i prefer jarred, b/c fresh I have a difficult time gauging the spiceiness)

3.Lay out one jalpeno wrapper, fill with mac and cheese, and half a jalpeno slice.

4. Line th eoutside of wrapper with corn starch slurry.

5. Place a wonton wrapper on top. Press to seal, then use a fork to place a second seal.

6. You can either leave as is, or fold into a tortelini shape. Or skip the second wrapper and make a triangle fold.

7. Place on lightly floured surface and place in freezer, until all dumplings are assembled.

7. If not moist, lightly moisten each dumpling and dust with corn flour.

8. Use corn oil (has a high smoke point) and sear each side or dumpling.

9. Once lightly brown, place 2 tablespoons of water into skillet and cover. once cooked. set aside to dry.