MALAYSIA / PENANG UNLOCKED

PENANG WANTAN MEE

Wantan mee is a Penang breakfast: egg noodles tossed in garlic oil with bok choy and roast pork, served with a bowl of wonton soup. This is a home version of the bowl Will eats at Weng Kei in Georgetown.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	45 min	20 min	1 h 5 min	Medium	Mild

INGREDIENTS

FOR THE WONTONS

200 g minced pork

2 spring onions, finely chopped

1 tsp light soy sauce

1 tsp sesame oil

1/2 tsp white pepper

20 wonton wrappers

FOR THE SOUP

1 l chicken stock

1 tsp salt, or to taste

FOR THE NOODLES

400 g fresh thin egg noodles

4 tbsp garlic oil (neutral oil with fried garlic)

2 tsp light soy sauce

200 g bok choy, halved

200 g roast pork or char siu, sliced

METHOD

MAKE THE WONTONS

1 Mix the pork, spring onion, soy sauce, sesame oil and white pepper. Put a heaped teaspoon in the centre of each wrapper, wet the edges, and fold and pinch to seal.

MAKE THE SOUP

2 Heat the stock to a gentle simmer and season with salt. Keep it hot.

COOK THE WONTONS

3 Poach the wontons in a pot of simmering water for 3 to 4 minutes, until they float and the filling is cooked through. Move them to the hot soup.

COOK THE NOODLES AND BOK CHOY

4 Blanch the bok choy in boiling water for 1 minute and drain. Blanch the noodles for 30 to 40 seconds, then rinse in cold water and drain well. Toss the noodles with the garlic oil and soy sauce.

ASSEMBLE

5 Divide the noodles between four bowls and add the bok choy and sliced roast pork. Serve with the bowl of wonton soup alongside.

USEFUL SHORTCUTS FOR HOME COOKS

Buy roast pork or char siu from a Chinese barbecue shop. It is hard to make the same at home.

Make the garlic oil in advance: fry sliced garlic in oil until pale gold, then strain.

Freeze uncooked wontons on a tray and cook from frozen, adding 1 minute.

In episode 10 of Penang Unlocked it is 7 in the morning, and Will says the best thing to do in Penang at that hour is to get your wantan mee. Sam Lee, owner of Weng Kei since 2016, is already roasting Peking duck and sweet barbecue pork.The noodles are handmade egg noodles, blanched and rinsed, then tossed in garlic...