



# nuwave®

INDUCTION HOT WOK



— Easy to Follow —

R E C I P E S



Read the Owner's Manual before using.

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Measurement Chart

Teaspoon = t	Fahrenheit = °F	Minute = min
Tablespoon = T	Celsius = °C	Second = sec.
Cup = c	Fluid Ounces = fl oz	Inch = in
Ounce = oz	Liter = L	Dozen = doz
Pound = lb(s)	Milliliter = ml	Hour = hr
Quart = qt	Package = pkg	Gram = g
Pint = pt	Gallon = gal	





## Beef Chop Suey Serves: 4-6

### Ingredients:

½ pound beef (round or chuck),  
cut into thin slices  
2 teaspoons peanut oil  
2 teaspoons soy sauce  
1 teaspoon sugar  
1 teaspoon sea salt  
4 teaspoons cornstarch  
2 onions, chopped

2 carrots, chopped  
¼ pound mushrooms, sliced  
7 ounces bean sprouts  
3 slices ginger, crushed  
½ cabbage, chopped  
1 teaspoon sugar  
4 cloves garlic, crushed  
2 cups cooked rice  
Fresh ground pepper, to taste

### Directions:

1. In a bowl, mix oil, soy sauce, sugar, sea salt, cornstarch, and fresh ground pepper.
2. Add beef to mixture and marinate in refrigerator.
3. Heat Wok to 425°F and add peanut oil. Add onions and carrots and sauté.
4. Add mushrooms, sprouts, ginger, and cabbage, and stir-fry. Add sugar and sea salt.
5. Remove vegetables from Wok; set aside.
6. Add more oil to Wok and add garlic and sauté.
7. Add marinated beef and sauté for 4 minutes until cornstarch is no longer visible and beef is cooked.
8. Serve chop suey over cooked rice.



## **Beef Chow Mein** Serves: 4-6

### **Ingredients:**

Beef (round), sliced  
1 tablespoon peanut oil  
1 package chow mein noodles  
1 package frozen vegetables  
2 cups beef stock  
¼ teaspoon garlic, minced  
2 tablespoons soy sauce

### **Directions:**

1. Heat up Wok to 425°F and add peanut oil.
2. Place sliced beef into Wok and sauté for about 4 minutes.
3. Remove meat from Wok and put in a bowl with soy sauce and garlic. Combine.
4. Return beef to Wok. Add beef stock, chow mein noodles, and frozen vegetables.
5. Cook until vegetables are crisp and noodles are done.
6. Remove from heat. Serve immediately.





## **Crab Rangoon** Serves: 8

### **Ingredients:**

6 ounces lump crabmeat  
6 ounces cream cheese, softened  
3 green onions, thinly sliced  
1 egg, beaten  
Peanut oil, enough for deep-frying in Wok  
1 package wonton skins (wrappers)

### **Directions:**

1. In a bowl, add crabmeat, cream cheese, and green onions. Mix well.
2. Fill each wonton skin (wrapper) with  $\frac{1}{2}$  teaspoon of filling for each wonton.
3. Seal edges of wrapper with beaten egg.
4. Fold over and squeeze out any air of wonton.
5. Heat Wok to 375°F and add peanut oil (pour in enough for deep-frying in Wok).
6. Place in wontons. Deep-fry until they are golden brown and crispy.
7. Remove and allow excess oil to drip off. Drain on paper towel.



## Egg Drop Soup Serves: 4

### Ingredients:

2 large eggs, lightly beaten  
6 cups chicken broth  
1 teaspoon sugar  
½ teaspoon fresh grated ginger  
¼ teaspoon ground white pepper  
½ teaspoon sea salt  
1 green onion, sliced thin

1 tablespoon cornstarch  
3 tablespoons cold water  
1 teaspoon rice wine

### Directions:

1. Heat up the Wok, add chicken broth, and bring up to a boil.
2. Add rice wine and ginger, reduce to a simmer, and add salt, sugar, and ground white pepper.
3. Slowly add cornstarch mixture (cornstarch, water, and rice wine) to the broth.
4. Pour lightly beaten eggs into stock and stir. Garnish with green onions.





## Egg Foo Yung (Cantonese Style) Serves: 4

### Ingredients:

3 large eggs, lightly beaten	2 ounces cooked pork, chicken, or shrimp
6 Chinese mushrooms, sliced	1 teaspoon sea salt
2 ounces fresh spinach	½ teaspoon freshly ground black pepper
½ teaspoon sugar	3 tablespoons peanut oil
1 cup bean sprouts	2 tablespoon cilantro sprigs, garnish
½ cup chopped water chestnuts, drained	1 teaspoon rice wine, garnish

### Directions:

1. Pour beaten eggs into a bowl. Add sea salt, sugar, and fresh ground black pepper; set aside.
2. Heat Wok and add peanut oil.
3. Add pork (or chicken or shrimp) and cook until golden brown and cooked through.
4. Add mushrooms, spinach, bean sprouts, and chestnuts.
5. Once cooked, pour eggs from bowl into Wok and cook, flipping occasionally, for 2 minutes.
6. Remove and cut into desired sizes.
7. Drizzle with rice wine and garnish with cilantro sprigs.



## Fried Rice with Shrimp, Ham, and Shiitake Mushrooms

Serves: 4-6

### Ingredients:

½ ounce dried shiitake mushrooms  
¼ cup oyster sauce  
1 tablespoon soy sauce  
3½ teaspoons peanut oil  
2 large eggs, lightly beaten  
8 ounces small shrimp,  
peeled, deveined

5 cups sticky rice, cooked according to  
directions

1 cup baby peas  
8 ounces smoked deli ham, cut into  
½-inch pieces  
2 garlic cloves, minced  
5 scallions, thinly sliced

### Directions:

1. Rehydrate the shiitake mushrooms in steaming water for about 5 minutes.
2. Remove stems and slice caps into ¼-inch-thick pieces; set aside.
3. In a bowl, combine oyster sauce and soy sauce; set aside.
4. Heat Wok to 275°F. Add 1½ teaspoons of the peanut oil. Add eggs and cook for 20 seconds. Stir-fry an additional 30 seconds to break eggs into small pieces.
5. Transfer to a bowl; set aside.
6. Add 1½ teaspoons of the peanut oil to Wok and add garlic to shrimp, stirring constantly until they are opaque and cooked through, approximately 30 seconds.
7. Transfer to the bowl with egg pieces; set aside.
8. Heat remaining peanut oil in Wok, adding peas, ham, and mushrooms. Cook 1 minute, stirring constantly.
9. Add rice and oyster sauce mixture and cook, stirring constantly to break up rice clumps, about 3 minutes.
10. Add scallions, eggs, and shrimp. Cook until heated through, about 1 minute.





## Fried Wontons Serves: 6

### Ingredients:

1 pound ground pork	1 tablespoon sesame oil
2 carrots, finely chopped	1 tablespoon fresh ginger, minced
5 scallions, finely chopped	2 cloves of garlic, minced
1 tablespoon soy sauce	40 to 50 wonton wrappers
	Peanut oil (for deep-frying)

### Directions:

1. In a bowl, mix pork, garlic, ginger, sesame oil, soy sauce, scallions, and carrots.
2. Take one wonton wrapper and place about 1 tablespoon of pork filling on top.
3. Wet the edges of the wonton wrapper with some water and fold the edges over to make a triangle. Press down on edges with fingers to seal.
4. Repeat to make several.
5. Heat Wok to 365°F and add enough peanut oil to deep-fry, about 1½ inches deep.
6. Deep-fry 5 to 6 wontons at a time until golden brown.
7. Drain cooked wontons on a rack or plate lined with paper towel.

**Tip:** Serve wontons with chili sauce or a sweet and sour sauce.



## General Tso's Chicken Serves: 4

### Ingredients:

2 pounds chicken meat, boneless,  
skinless, cut into 1-inch pieces  
2 tablespoons peanut oil  
2 cloves of garlic, minced  
2 teaspoons fresh ginger, minced  
4 scallions, chopped  
1 teaspoon sesame seeds  
3 tablespoons soy sauce

1 tablespoon rice vinegar  
1½ tablespoons honey  
1 tablespoon sugar  
2 teaspoons chili sauce  
¾ cup chicken broth  
5 teaspoons cornstarch, divided  
Sea salt  
Freshly ground black pepper

### Directions:

1. In a small bowl, whisk together soy sauce, rice vinegar, honey, sugar, chili sauce, chicken broth, and 2 teaspoons of the cornstarch; set aside.
2. In a medium bowl, add the remaining 3 teaspoons of cornstarch.
3. Add sea salt and fresh ground pepper to the medium bowl.
4. Add the chicken and coat on all sides.
5. Over high heat (425°F), add peanut oil, and swirl to coat the Wok.
6. Add the chicken, cooking until there is a brown crust on all sides. Cook in batches, if necessary, to avoid chicken sticking to the bottom of the Wok.
7. After the brown crust develops, take chicken out of Wok; set aside.
8. Turn heat down to medium (275°F), and add garlic, ginger, and scallions and stir-fry for 20 seconds.
9. Pour sauce into the Wok and bring to a simmer.
10. Return the chicken to Wok and toss to combine with sauce. Stir-fry the chicken for another 1 to 2 minutes or until cooked.
11. Garnish chicken with sesame seeds and serve with rice.





## Kung Pao Chicken Serves: 4

### Ingredients:

- |  |   |
|--|---|
| 1 pound boneless, skinless chicken thighs, diced into small pieces | 8 to 10 Chinese Red chilies, dry, whole                     |
| 1 tablespoon balsamic vinegar                                      | 3 scallions, chopped  |
| 2 teaspoons hoisin sauce   | 2 cloves of garlic, minced                                  |
| 1 teaspoon sesame oil  | ½ cup unsalted roasted peanuts                              |
| ½ teaspoon ground peppercorns or chili flakes                      | 1 tablespoon soy sauce, and 1 teaspoon soy sauce, (divided) |
| 2 tablespoons peanut oil   | 2 teaspoons rice wine                                       |
|  | 3 teaspoons cornstarch (divided)                            |

### Directions:

1. In a medium bowl, mix 1 tablespoon of the soy sauce, rice wine, and 2 teaspoons of the cornstarch.
2. Add chicken thighs and stir to coat. Let chicken sit for 10 minutes.
3. In another bowl, mix balsamic vinegar, remaining 1 teaspoon of soy sauce, hoisin sauce, sesame oil, remaining 1 teaspoon of cornstarch, and ground peppercorns; set aside.
4. Heat the Wok to 425°F. A drop of water should sizzle on contact. Add the peanut oil and coat the Wok.
5. Add red chilies and stir-fry for 20 seconds.
6. Add chicken and stir-fry until light brown, about 3 minutes.
7. Add scallions and garlic and stir-fry for 1 minute.
8. Pour the sauce mixture in, toss and coat the chicken, and then remove from heat. Serve.



## Orange Chicken Serves: 4

### Ingredients:

2 pounds chicken breasts, cut into 1-inch cubes	½ teaspoon red chili flakes
2 large eggs, beaten	⅔ cup fresh squeezed orange juice
½ cup cornstarch, plus 1 tablespoon cornstarch, divided	2 tablespoons soy sauce
2 tablespoons water	1 tablespoon rice wine vinegar
¼ cup all-purpose flour	1 tablespoon sweet chili sauce
2 cloves of garlic minced	1 tablespoon brown sugar
½ teaspoon ginger, minced	2 green onions, chopped
	Steamed white rice
	Oil (enough for deep-frying in Wok), plus 1 tablespoon

### Directions:

1. Place beaten eggs in a bowl. In a second bowl, mix dry ingredients: ½ cup of the cornstarch, flour.
2. Coat chicken pieces in egg then toss into cornstarch mixture. Shake off excess flour.
3. In the Wok, bring up to 375°F. Add enough oil to deep-fry chicken pieces.
4. Deep-fry chicken (in a couple of batches) until golden and crispy, about 4 to 5 minutes. Drain on paper towels; set aside.
5. In a small bowl, mix 1 tablespoon of the cornstarch with 2 tablespoons of water; set aside.
6. When cooled, clean out Wok. Reheat, bringing up to 375°F.
7. Add 1 tablespoon oil and add garlic, ginger, and chili flakes. Cook until fragrant, about 2 minutes.
8. Whisk in orange juice, soy sauce, rice wine vinegar, chili sauce, and brown sugar and mix. Bring up to a boil.
9. Once boiling, slowly whisk in cornstarch mixture to the sauce to thicken. Bring heat down on sauce to 175°F and simmer for about 5 minutes. Once sauce gets a syrupy consistency, turn heat off.
10. Return chicken to Wok and toss with sauce to coat.
11. Plate and garnish with green onions. Serve over steamed white rice.





## Pot Stickers Serves: 6

### Ingredients:

½ pound ground pork  
¼ cup scallions, finely chopped  
¼ teaspoon cayenne pepper  
1 teaspoon light brown sugar  
1⅓ cup chicken broth  
2 tablespoons red pepper,  
finely chopped

2 teaspoons ketchup  
2 teaspoons Worcestershire sauce  
1 teaspoon yellow mustard  
3 to 4 tablespoons vegetable oil,  
for frying  
Non-stick cooking spray  
Sea salt and freshly ground  
black pepper

### Directions:

1. In a bowl, mix ground pork, scallions, red pepper, ketchup, yellow mustard, Worcestershire, light brown sugar, cayenne, sea salt, and fresh ground black pepper.
2. Keep wonton wrappers in the package and place a damp cloth on top, as they will dry up quickly.
3. Take 1 wonton wrapper and lightly brush water on the edges.
4. Place ½ teaspoon of pork mixture in center of the wrapper and shape as desired.
5. Lightly spray non-stick vegetable spray on a tray or baking sheet and place dumplings on.
6. Covered the dumplings with a damp cloth.
7. Heat up the Wok to 400°F and brush with vegetable oil.
8. Add 8 to 10 pot stickers at a time and cook for 2 minutes.
9. Add chicken broth, turn heat down to 100°F, and then cook for another 2 minutes.
10. Remove wontons and place on a platter.
11. Clean the Wok and repeat process until all pot stickers are cooked.

**Tip:** To keep the cooked pot stickers warm, preheat your regular oven in a low setting at 220°F and keep them in oven.



## Sesame Chicken Serves: 4

### Ingredients:

- |   |  |
|---|--|
| 1 pound boneless chicken thighs, fat trimmed off, meat cut into bite-sized pieces | 2 tablespoons rice vinegar               |
| 1½ teaspoons peanut oil   | 1 tablespoon fresh ginger, grated        |
| 2 tablespoons soy sauce   | 1 clove of garlic, minced                |
| 2 teaspoons sesame oil  | 1 egg, beaten                            |
| 1 tablespoon sugar  | 3 tablespoons cornstarch                 |
| 1 tablespoon honey  | Sea salt and freshly ground black pepper |
|   | 2 tablespoons sesame seeds, garnish      |
|   | 1 scallion, finely sliced, garnish       |

### Directions:

1. In a bowl, mix soy sauce, sesame oil, sugar, honey, rice vinegar, ginger, and garlic; set aside.
2. In a big bowl, mix beaten egg with cornstarch and season with sea salt and fresh ground pepper. Let it rest for 10 minutes.
3. Add chicken to mixture, tossing to coat all the pieces.
4. Bring Wok up to 425°F. Once hot, add oil and swirl to coat the Wok.
5. Add chicken and stir-fry for 5 to 6 minutes or until golden brown.
6. Add the sauce to Wok, toss with chicken, and continue to stir-fry for 2 minutes or until sauce thickens. Remove from heat.
7. Garnish with sesame seeds and scallions. Serve.





## Shrimp and Fried Rice Serves: 4-6

### Ingredients:

2 tablespoons peanut oil	4 leaves green cabbage, finely shredded
12 large shrimp, cleaned, shelled and deveined	4 cups cooked jasmine or long-grain rice
1 teaspoon Shaoxing rice wine	1 tablespoon soy sauce (and additional amount to taste)
2 eggs, beaten	Sea salt
2 scallions, chopped	Freshly ground black pepper
1 tablespoon sesame oil	

### Directions:

1. Heat Wok to 425°F. A drop of water should sizzle on contact. Add peanut oil and swirl to coat.
2. Add shrimp and rice wine and stir-fry for 1-2 minutes or until shrimp just turns pink.
3. Transfer shrimp to a plate; set aside.
4. Add eggs, scallions, and sesame oil to Wok and stir-fry for 1 minute.
5. Add cabbage in and stir-fry for an additional 1-2 minutes.
6. Turn heat down to 375°F and add rice. Toss, mixing everything together.
7. Add shrimp back to Wok and mix. Cook for an additional 1-2 minutes until shrimp are all opaque.
8. Turn off heat and add the soy sauce, stirring in to incorporate. Season with sea salt and fresh ground pepper to taste.



## Spring Rolls with Pork and Shrimp Serves: 6

### Ingredients:

12 spring roll wrappers	½ teaspoon cornstarch, mixed with 1
2 tablespoons flour (with water for	teaspoon soy sauce
paste to seal spring rolls)	3 ounces grated carrot
6 Chinese mushrooms, dried,	3 ounces bean sprouts
soaked for 30 minutes, drained,	3 ounces chestnuts, sliced
and chopped	6 spring onions, finely chopped
8 ounces ground pork	½ teaspoon sesame oil
8 ounces shrimp, cooked, chopped	4 cups peanut oil, plus 1 tablespoon
	for initial heating of Wok

### Directions:

1. Heat Wok to 275°F and add the 1 tablespoon of peanut oil.
2. Add ground pork and stir-fry for 2-3 minutes. Add shrimp, cornstarch paste, and carrot.
3. Increase heat to 375°F and add bean sprouts, chestnuts, and spring onions. Toss for 1 minute, and then incorporate the dry mushrooms.
4. Take off the heat and add sesame oil.
5. Cool the filling mixture down quickly on a sheet tray.
6. Once filling has cooled, take a wrapper and place it on a clean work surface or cutting board. Spoon the filling in the center of the wrapper and fold the corner of the wrapper nearest to you over the filling.
7. Smear a little of the flour paste on the free sides, turn the sides to the middle, and then roll it up.
8. Repeat with the remaining wrappers and pork filling.
9. Return Wok to heat and bring temperature down to 350°F. Add the 4 cups of peanut oil.
10. Once oil is hot, carefully drop 4 spring rolls in and cook until they are golden and crisp. Cook remaining spring rolls. Drain on paper towels. Serve.





## Stir-Fried Beef with Broccoli and Oyster Sauce Serves: 4-6

### Ingredients:

#### Sauce:

5 tablespoons oyster sauce  
2 tablespoons chicken broth  
1 tablespoon dry sherry  
1 tablespoon packed light brown sugar  
1 teaspoon toasted sesame oil  
1 teaspoon cornstarch

6 cloves garlic, minced  
1 teaspoon grated fresh ginger  
2 tablespoons vegetable oil, plus extra 4½  
teaspoons oil, divided  
1¼ pounds broccoli florets, cut into 1-inch  
pieces, stalks peeled, sliced on the bias, and  
1/8 inch thick  
½ cups water  
1 small red bell pepper, stemmed, seeds  
removed, cut into ¼-inch pieces  
3 scallions, sliced thin and on the bias

#### Stir-fry:

1 pound flank steak, trimmed, sliced into 2-inch-  
long strips, each ¼ inch thick  
3 tablespoons soy sauce

### Directions:

1. For the sauce, whisk all sauce ingredients together in a small bowl; set aside.
2. Combine beef and soy sauce in a medium bowl and let sit for at least 10 minutes or up to an hour, stirring once.
3. Combine garlic, ginger, and 1½ teaspoons oil in Wok, Heat Wok to 425°F, until it's just smoking.
4. Add half of the beef in a single layer, breaking up clumps. Cook without stirring for 1 minute.
5. Stir and continue to cook until browned, about 30 more seconds. Transfer beef to bowl and repeat with an additional 1½ teaspoons oil and remaining beef.
6. Add 2 tablespoons vegetable oil to empty Wok and heat Wok to 425°F, until it's just smoking. Add broccoli and cook for 30 seconds.
7. Add water, cover, and reduce heat to 275°F. Cook until broccoli is tender-crisp, about 2 minutes. Do not overcook broccoli. Transfer to paper towel-lined plate.
8. Add remaining vegetable oil to Wok. Bring heat up to 425°F, until it's just smoking. Add bell pepper and cook, stirring frequently, for about 1½ minutes.
9. Push bell pepper up the sides of the Wok. Add garlic mixture to center and cook for 15-20 seconds, mashing mixture in Wok. Stir garlic mixture into bell pepper.
10. Return beef and broccoli to Wok and toss to combine.
11. Whisk sauce to recombine and add to the Wok and cook. Stir constantly until sauce thickens and is evenly distributed, about 30 seconds.
12. Transfer to platter and sprinkle with scallions.





## Stir-Fried Vegetables Serves: 4

### Ingredients:

1 cup snow peas  
8 dried black Chinese mushrooms,  
soaked in hot water, stems removed,  
caps sliced or left whole  
 $\frac{3}{4}$  cup canned bamboo shoots  
 $\frac{1}{2}$  tablespoon grated ginger  
2 tablespoons rice wine  
 $\frac{1}{2}$  teaspoons oyster sauce

$\frac{1}{2}$  teaspoon sesame oil  
 $\frac{1}{2}$  teaspoon soy sauce  
Sea salt  
Freshly ground black pepper  
 $\frac{1}{2}$  teaspoon sugar  
2 tablespoons peanut oil  
Extra vegetables of your choice  
(optional)

### Directions:

1. Heat Wok to 525°F and add peanut oil.
2. Once hot, add snow peas and cook 30 seconds, adding sea salt and sugar.
3. Add mushrooms and bamboo shoots.
4. Add in extra vegetables (optional). Add ginger, rice wine, oyster sauce, sesame oil, soy sauce, and fresh ground black pepper.
5. Serve with white rice.

**Tip:** Add 1 cup of the mushroom liquid (from when they were soaked), if needed.





## Sweet and Sour Chicken Tempura Serves: 4

### Ingredients:

2 8-ounce chicken breasts, diced into 2-inch pieces  
4 cups peanut oil

### Batter:

¼ cup self-rising flour  
¼ cup cornstarch  
¼ teaspoon sea salt  
¼ teaspoon sugar  
½ cup cold water

### Sweet and Sour Sauce (makes 2½ cups):

1 cup sugar  
3 tablespoons ketchup  
½ cup water  
½ cup rice vinegar

### Directions:

1. For the batter, place water in a bowl then add all the dry ingredients. Mix well.
2. For the sweet and sour sauce, place all the ingredients in a saucepan and bring up to a boil. Let sauce cool.
3. Heat Wok to 350°F and add 4 cups peanut oil.
4. Coat the chicken in the batter and place each piece separately in the oil. Cook for 4 to 5 minutes.
5. Remove the chicken and drain on paper towel. Repeat until all are cooked.
6. Pour sweet and sour sauce into Wok. Return cooked chicken to Wok and toss to coat well. Serve.



## Sweet and Sour Shrimp

Serves: 4-6

### Ingredients:

11 ounces cooked jumbo shrimp  
(tiger prawns)  
1 small head romaine lettuce

2 tablespoons light soy sauce  
2 tablespoons soft light brown sugar  
3 tablespoons rice vinegar  
1 tablespoon Shaoxing rice wine  
½ cup chicken or vegetable stock  
2 teaspoons cornstarch, 1 teaspoon  
water  
Sesame oil (a few drops)

### For sauce:

1 tablespoon vegetable oil  
1 tablespoon scallions, green parts  
only, finely chopped  
2 teaspoons fresh ginger root,  
finely chopped

### Directions:

1. Separate lettuce leaves and arrange them on a platter.
2. Peel cooked shrimp and dry with paper towel; set aside.
3. For the sauce, heat Wok to 375°F. Add scallions and ginger. Toss to mix.
4. Add soy sauce, sugar, rice vinegar, rice wine, and stock. Bring up to a boil.
5. Add shrimp to the sauce and toss to coat. Cook the shrimp through.
6. Thicken the sauce with cornstarch paste (cornstarch and water mixed together), stirring until smooth.
7. Remove from heat, place on lettuce, and drizzle with sesame oil.





## Vegetable Egg Rolls Serves: 4

### Ingredients:

2 tablespoons peanut oil, plus extra 1	2 carrots, cut into matchsticks
tablespoon, divided	½ small cabbage head, shredded
2 cloves garlic, minced	2 tablespoons rice vinegar
1 tablespoon ginger, minced	2 teaspoons soy sauce
½ sweet onion, sliced thin	1 teaspoon sugar
1 celery stalk, sliced thin	40-50 egg roll wrappers

### Directions:

1. Heat Wok to 375°F and add the 2 tablespoons of peanut oil.
2. Add garlic and ginger and cook for 30 seconds. Add onion, celery, and carrots and stir-fry for 2 minutes.
3. Add cabbage, rice vinegar, soy sauce, and sugar, and continue to stir-fry for an additional 2 minutes.
4. Remove vegetables and place on a sheet tray to cool down. Turn heat off.
5. Take one egg roll wrapper and place on a clean surface. The point nearest to you should be directly facing you.
6. Spread 1 tablespoon of the filling, making a horizontal line across.
7. Roll the point of the wrapper closest to you over the filling. Fold in the two side corners.
8. Dampen the remaining open point with water. Finish rolling the egg roll away from you.
9. Heat Wok to 375°F and add the extra 1 tablespoon of peanut oil.
10. Place 2 egg rolls in Wok, seam-side down. Fry for about 5 to 8 minutes, turning them constantly to ensure even cooking. Fry the egg rolls in 2 separate batches.
11. When cooked, drain on paper towels.

**Tip:** Serve with a plum sauce or a sweet and sour sauce.



## Wonton Soup Serves: 6

### Ingredients:

#### Soup:

8 cups chicken broth  
1 small carrot, shredded  
1 onion, diced small  
2 garlic cloves, minced  
1 1-inch piece of ginger, minced  
3 scallions, finely minced  
4 ounces ground pork

#### Wonton Mixture:

25 pieces wontons  
6 ounces ground pork  
2 scallions, minced  
1 onion, finely chopped  
½ teaspoon freshly ground  
black pepper  
1 clove garlic, minced  
1 tablespoon soy sauce  
1 teaspoon sesame oil  
1 egg white, lightly beaten

### Directions:

1. For the mixture filling, mix all ingredients except for wontons in a bowl.
2. Wrap with plastic and place in freezer for 10 minutes.
3. Line a sheet pan with parchment paper.
4. Place one wonton skin on a clean working surface with one point of the wrapper facing toward you.
5. Place 1 teaspoon of the mixture filling in the middle of the wonton wrapper.
6. Brush the edges of wonton skin with water and fold into a triangle. Press down to seal, and then brush the corners with water and fold over the ends with your finger and press to seal. Place each wonton on the sheet pan.
7. Cover wontons with a damp paper towel. Repeat until all wontons are done. Refrigerate for 3 hours.
8. Remove, and then cover with plastic before cooking.
9. Heat the Wok to 425°F and add oil.
10. Once oil is hot, add ground pork, onions, garlic, and ginger to Wok. Cook for 4 to 5 minutes. Do not allow pork to brown, but cook completely.
11. Add the chicken broth, bring broth up to a boil, and then lower heat to 175°F and simmer for 30 minutes. Strain the soup, if you wish.
12. Place wontons in Wok and broth. Bring heat up 425°F. Cook wontons for 4 to 6 minutes or until all are cooked through.
13. Serve soup on the side with the wontons or use the soup “as is” and add cooked (boiled separately) wontons and carrots before pouring into bowls. Garnish with scallions.



## NOTES

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## Safe Cooking Temperature Guide

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# **nuwave®**

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**Customer Service:** [assist@nuwavenow.com](mailto:assist@nuwavenow.com)

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80070CT

#### **For patent information please go to:**

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Vernon Hills, IL 60061, U.S.A.

Made in China

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Item No: BC80070CT

V1-YK

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