

# Jalpeno 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 jalpeno mac and cheese.

- other favorite combos are:

1. Smashed pea & diced shrimp with white wine, alfredo sauce.
2. Chopped sausage, basil, mozzarella with red sauce.
3. Pumpkin/sweet potato, walnut, apple, cinnamon/pumpkin pie spice with marshmellow whipped cream sauce.
4. Chili spice, ground beef, kidney bean stuffed with cheddar cheese sauce.
5. Bourbon chicken crispy wonton and kidney bean ragout.
6. Caribbean curry roti stuffed with fruit chutney.
7. Crab/fish cake stuffed, drizzled with Eric's remoulade sauce.
8. Raw thinly 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



## Summary

**Yield:** 20

**Prep Time:** 30 minutes

**Category:** Appetizers

**Cuisine:** Asian

**Tags:** ravioli, macaroni, jalpeno, dumpling, cheese

# Japaleno Macaroni and Cheese Dumplings

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