

Chicken Mushroom Dumpling and Noodle Soup

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DUMPLINGS

2 pounds boneless/ skinless chicken thighs
8 ounces crimini mushrooms, scrubbed and chopped
4 ounces beech mushrooms
3 tablespoons soy sauce
4 cloves garlic
1 one-inch piece fresh ginger
1 teaspoon sesame oil
1 teaspoon rice wine vinegar
1 teaspoon ground white pepper
1/2 teaspoon Kosher salt
2 scallions, chopped
1 package round dumpling wrappers
SOUP

6 cups chicken stock
1/4 cup soy sauce
2 teaspoons sesame oil
2 teaspoons white pepper
1 teaspoon Kosher salt
6 ounces fresh Shanghai, Wonton or Longevity noodles, cooked
1 scallion, chopped
1/4 pound enoki mushroom
1 small bunch Asian greens (Chinese broccoli or baby bok choy)

Cut the chicken thighs into one-inch pieces. Add to your food processor in two parts. Pulse about ten times until the chicken is ground up. Add to a large bowl.

Clean out the food processor bowl. Chop up the mushrooms, garlic and ginger. Add to the bowl with the chicken. Pour in the soy sauce, sesame oil, rice wine vinegar, white pepper, salt and scallions. Mix well to combine.

Place about 1/2 tablespoon of the filling into the center of a dumpling wrapper. Wet one side of the wrapper with water using your finger. Then seal closed. Transfer to a parchment lined baking sheet. Continue until all of the dumplings have been filled. There may be some filling left over and you can use it to mix some meatballs together to add to the soup.

The dumplings can be made ahead and frozen for later use or stored in your refrigerator if using within a day. If enjoying on their own, place the dumplings in a steamer. Steam for about 10 minutes until the wrapper is translucent and the filling is cooked through.

To make the soup: Add the chicken stock to a large stock pot. Stir in the soy sauce, sesame oil, white pepper and salt. Bring to a simmer.

In a separate pot, bring water to a boil. Cook the noodles according to package directions. Drain. Rinse with water. Set aside.

Bring a second pot of water to a boil. Cook the greens for about 1 to 2 minutes. Transfer them to the soup. Continue to cook until tender, about another 10 minutes. This will remove any bitterness from the greens. At this time, you may also add the dumplings to the soup to cook. (Gently lower the dumplings into the soup, about three per bowl.) Simmer for 5 to 7 minutes.

To serve: Ladle the soup, dumplings and greens into a large bowl. Add a portion of the noodles. Finish with some enoki mushrooms and chopped scallions.

If you don't want to grind the chicken yourself, you can easily sub in ground chicken breast.

Soup noodles can easily be found at your Asian market. If you can't find fresh noodles, dried will do. Be sure to cook them separate from the soup and then add them in when you're ready to eat, otherwise the noodles will become gummy.

Per Serving (excluding unknown items): 422 Calories; 16g Fat (38.7% calories from fat); 17g Protein; 39g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 22920mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.