

Recipe Slideshows by Carreiro & Held

Chinese Dumpling Soup

These tasty dumplings come together in minutes by taking advantage of store-bought wonton wrappers and ground meat. The addition of star anise, fresh cilantro, and green onions transforms canned or homemade chicken broth into a flavorful, intriguing soup base for the Asian inspired dumplings.

- 1 pound ground turkey, chicken, or pork
- 2 green onions, minced
- 2 tablespoons minced cilantro
- 2 tablespoons minced gingerroot
- 2 tablespoons soy sauce
- 1/4 teaspoon salt
- 1 tablespoon cornstarch (optional)
- 55 to 60 thin wonton wrappers
- 3 quarts chicken broth
- 2 whole star anise
- Cilantro for garnish
- Sliced green onions for garnish

1. In a large bowl, combine the ground turkey, onion, cilantro, ginger, soy sauce, salt, and if desired, cornstarch. To mix, cut into the turkey with the edge of a large spoon or spatula until ingredients are just mixed. Do not over mix.
2. Arrange 6 to 8 wonton wrappers on a cutting board or large plate. Place 1 teaspoon of the filling, or slightly less, in the center of each wrapper.
3. Fill a small cup with water. Moisten the outside edges of wrappers. Pull the edges of each wrapper up toward the center and press together to make a tight seal. Continue with the remaining wrappers.
4. In a large pot, bring the chicken broth and star anise to a boil. Add the dumplings. Return to a gentle boil and cook 3 minutes or until turkey is no longer pink. Stir in cilantro and green onions. Serve immediately. Pass additional soy sauce at the table.

Makes 4 to 6 servings as lunch or supper; 8 to 12 as a first course

NOTES:

- Cornstarch tenderizes the meat; we recommend using it.
- Wonton wrappers (or skins) are a refrigerated product sold in Asian markets and in the produce section of many grocery stores. They are typically 3-1/2-inches square, and come in 1-pound packages of 60 to 90 wrappers, depending on thickness. Use thin wrappers for this recipe. Unused wrappers may be frozen to use another time.
- To freeze uncooked dumplings: Arrange dumplings on a tray lined with wax paper and freeze until firm. Transfer dumplings to a plastic freezer bag; seal tightly and freeze for up to 3 months. To cook, add frozen dumplings to boiling broth and boil for 5 to 6 minutes or until turkey is no longer pink.