

Spiced Chicken Dumpling Soup

This soup is very pungent and aromatic, great for a windy autumn evening to open and clear the lungs. Pungent herbs encourage wind to leave the body and prevent potential colds and flues from entering.

Serves 4

Ingredients

Soup

- 800ml chicken stock
- 350ml canned organic coconut milk or cream (or rice milk with coconut essence for those who suffer damp)
- 2 Kaffir lime leaves* (or 2 pieces pared lime rind)
- 3cm piece ginger, peeled, thinly sliced
- 1 tbs each fish sauce and lime juice
- ½ tsp palm sugar or coconut palm sugar, or to taste
- 4 baby bok choy, halved length ways

Dumplings

- 350g organic chicken mince (you can use turkey or pork mince)
- ¼ cup (50g) drained canned bamboo shoots, finely chopped
- 2 tsp freshly grated ginger
- 1 long red chili, seeds removed, finely chopped
- 2 tbs coriander leaves
- 2 tsp fish sauce
- 2 tbs corn flour
- Sliced red chili, coriander leaves and shredded kaffir limes leaves, to serve

To make dumplings, place all ingredients along with some salt and pepper in a large bowl. Using clean hands mix together until well combined. Wet hands and roll mixture into small balls. Set aside.

Place stock, coconut milk, kaffir lime and ginger in a large saucepan and bring to a simmer. Reduce heat to low, add the dumplings and simmer gently for five minutes or until just cooked through.

Add fish sauce, lime juice and sugar to taste. Then add bok choy, bringing back to a simmer and then remove from heat.

Ladle soup and dumplings into bowls. Serve immediately, scattered with chili, coriander and shredded kaffir lime leaf.

Yum Yum Yum