

Asian Style Dumplings



Serves	4
Prep time	1 hour, 10 minutes
Cook time	15 minutes
Total time	1 hour, 25 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
Region	Asian

Ingredients

For the dumplings

- 500g chicken breast fillets
- 1 teaspoon golden syrup
- 1 egg white
- 2 spring onions (finely chopped)

For the broth

- 5 cups vegetable stock (Refer to the basics page for vegetable stock.)
- 1 teaspoon brown sugar
- 1 clove garlic (crushed)
- pinch citric acid
- 1 cup vegetables (Thinly sliced, e.g. bean sprouts, carrot, beans, bamboo shoots)
- 2 sticks celery (thinly sliced)

For the broth (Optional)

- 2 tablespoons malt vinegar

To serve

- Cooked noodles or rice (to serve)

Directions

1. Place the chicken into a food processor and process until minced.
2. In a large bowl combine the minced chicken, golden syrup, egg white and spring onions. Wet your hands and shape the mixture into small balls (the water will stop the dumpling mix from sticking). Place the dumplings on a plastic tray or a plate lined with cling wrap. Refrigerate for one hour.
3. In a medium size pot add all of the broth ingredients and bring to the boil. Reduce the heat and add the dumplings, cooking for 10 - 15 minutes or until cooked through.
4. Serve the dumplings with the broth and some noodles or cooked rice.

Note

Low Chemical, / Failsafe, Moderate Salicylates, Amines

For a low chemical version, leave out the carrot (moderate salicylate) and malt vinegar (amines).