



GREEN TEA DUMPLING SOUP

Prep: 1h30 – A little effort – Serves 4

For the dumplings (makes 55*):

200g Brussels sprouts
100g spring onions
250g pork mince
1 ½ tsp fresh ginger, grated
1 tbsp Chinese cooking wine (Shaoxing)
1 tbsp light soy sauce
½ tsp dark soy sauce
1 tbsp + ¼ tsp salt
1 tbsp sesame oil
55 defrosted wonton wrappers

For the broth:

2 tbsp green tea
2 tbsp bonito flakes
3cm ginger root, peeled and sliced
2 tbsp mirin
1 tsp sugar
2 tbsp light soy sauce
1 spring onion

1. Start by making the dumplings: Wash and trim the Brussels sprouts. Finely slice them into thin shavings with a mandolin. Put into a colander, sprinkle with 1 tablespoon of salt and put into the sink for 20 minutes, so that the Brussels sprouts can draw out some water.
2. Meanwhile, wash and trim the spring onions and finely chop. Put into a bowl with the pork mince, ginger, Chinese cooking wine, light and dark soy sauce, ¼ tsp salt and the sesame oil.
3. After 20 minutes, rinse the cabbage and shake out the excess water. Add to the pork mixture and mix everything until it's become a homogenous mass.
4. Put a heaped teaspoon of the pork mixture in the middle of a wonton wrapper. Dip your index finger into a small bowl of water, and moisten the edges of the wonton wrapper, so that a half circle is wet.
5. Fold the wrapper over to enclose filling. Hold in both hands and, starting at one end, pleat the edges by making small overlapping folds, pressing to seal as you go. Transfer each finished dumpling onto a floured tray until you have stuffed all the dumplings in this way.

6. When all the dumplings are done, freeze half of the batch.
7. Cut out a piece of baking paper to fit inside of a bamboo steamer. Place some dumplings flat side down onto the baking paper. Put the bamboo steamer into a large wok over a high heat. Pour some boiling water into the bottom of the wok – it's important that the water level is lower than the platform on which the dumplings sit, so that the dumplings are steamed and not boiled. Place the lid onto the bamboo steamer and steam for 7 minutes. Repeat with the remaining dumplings.
8. Make the broth while the dumplings are steaming. Bring 1 litre of water to the boil. Put the green tea and bonito flakes into a jug and top up with 500ml of boiling water. Leave to infuse for 2 minutes, then strain into a saucepan. Pour another 500ml of boiling water into the jug with the green tea, leave to infuse for 15 seconds and strain into the saucepan.
9. Add the sliced ginger, mirin, sugar and soy sauce to the saucepan and simmer the broth for at least 10 minutes (the longer you simmer it, the more gingery it will taste). Meanwhile, finely chop the spring onion and add to the broth.
10. Distribute the broth between 4 bowls and add four to five steamed dumplings to each bowl.

*These are way too many dumplings for this soup – so you can freeze the remaining unsteamed dumplings and steam them for 10mins (?) straight from the freezer when you want to eat them.

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