

MANDOO

DUMPLING SOUP

Serves: 6

9 cups basic beef stock (opposite)
2 tablespoons light soy sauce
salt to taste
omelette strips to garnish
toasted, crumbled nori (page 437) to
garnish

Dumplings:

2 tablespoons oil
125 g (4 oz) pork mince
125 g (4 oz) lean beef mince
½ cup water
250 g (8 oz) fresh bean sprouts
half a small white Chinese cabbage
1 square fresh bean curd
3 spring onions, finely chopped
1 tablespoon toasted, crushed sesame seeds
1 clove garlic, finely chopped
½ teaspoon salt
¼ teaspoon ground black pepper
125 g (4 oz) wonton pastry

Prepare and clear beef stock. Add soy sauce and salt, have garnishes ready. Prepare dumplings, cover with plastic wrap and have ready (they may be made 2 or 3 hours before required). Bring stock to the boil, drop in the dumplings one at a time, taking care they do not stick together. Depending on size of the pot, it may be necessary to cook them in two or three batches. Simmer for 10 minutes or until dumplings come to the surface and are cooked. Serve immediately in small bowls.

Dumplings: Heat oil in saucepan and fry pork and beef until colour changes. Add half cup water and simmer gently until liquid evaporates. Set aside. Boil bean sprouts in lightly salted water for 3 minutes, drain and chop. Boil cabbage for 5 minutes, drain well and chop finely. Mash the bean curd. Mix all these ingredients with the spring onions, sesame seeds, garlic, salt and pepper. Taste for seasoning. Put a teaspoonful of the filling in the centre of each square of wonton pastry, dampen edges with water and press together to form a triangle. Cover so they do not dry out before cooking.