

Chicken Hamburgese or Chicken Dumpling Soup

Carolyn T's
Internet
Cookbook

Servings: 8



CHICKEN DUMPLINGS:

3/4 pound chicken breast, no skin, no bone, R-T-C

4 ounces bacon, divided use

1/2 cup onion, minced

1 1/2 teaspoons garlic, minced

3 tablespoons walnuts, minced

1/2 teaspoon black pepper

1 teaspoon fresh ginger, minced

1/4 teaspoon ground cumin

1/4 teaspoon ground cinnamon

2 teaspoons sea salt

1 cup fresh bread crumbs

SOUP:

12 cups chicken broth

3 whole carrots, cut in coins

1/2 cup onion, chopped

1 stalk celery, chopped

1 cup fresh mushrooms, sliced

GARNISH:

3 tablespoons Italian parsley, minced

1/2 teaspoon grated lemon peel

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 247 Calories; 12g Fat (45.2% calories from fat); 23g Protein; 10g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 1910mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

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Description: A really unusual combination of flavors.

1. Cut the bacon into 1/2 inch chop. Cook until crisp, drain on paper towels and reserve the bacon grease.
2. CHICKEN: The chicken meat needs to be cut into a very fine dice or be put through a meat grinder (a food processor isn't the right texture). Ideally, cut the chicken when it's still partially frozen (it will be easier to cut). Place in a medium sized bowl and set aside.
3. Place a bit of the bacon grease in the skillet and add the onion. Saute until the onion is translucent, then add the garlic and stir for just one minute. Remove from heat and spoon into the bowl with the chicken. Add the bowl the walnuts, pepper, ginger, cumin, cinnamon and a bit of salt. Stir until the mixture is combined. Add about a tablespoon of bacon grease to the chicken and stir (this holds it together).
4. SOUP: Use canned broth (or make your own) or use some kind of poultry stock base. Bring to a boil and taste for seasoning. Reduce heat to a simmer.
5. DUMPLINGS: Add half of the bacon pieces to the chicken and then add the bread crumbs. Stir to combine, then using your hands form the dumplings into an elongated oval. You should be able to make between 20-25 of them. Place on a plate or pan while you complete the soup.
6. SOUP: Add the carrots and onion to the simmering broth. Allow to cook for about 5 minutes, then add the celery and mushrooms. Allow that to simmer for just a few minutes. Reduce the flame so the soup is at a very low simmer (bubbling will cause the dumplings to break apart). Then add about 1/3 of the dumplings. Allow them to cook for about 3 minutes, or until they're cooked through (remove one and test it). Repeat with another third of the dumplings, remove, and repeat again. Taste the soup for seasoning and add salt and pepper if needed.
7. SERVING: Place about 4 chicken dumplings in a wide bowl and ladle the soup over the top. Garnish with Italian parsley and the reserved bacon bits.