



WONTON SOUP

A deliciously savory ginger, garlic and sesame oil broth, loaded with fresh, homemade dumplings

Wonton Soup is actually an incredibly simple dish, though it can be a bit time consuming, due to making your own homemade dumplings. Though you CAN save time and use store-bought, frozen mini wonton dumplings instead, not everyone has access to those, so I'm showing how to make them. This soup has an incredibly delicious broth you can use as the base for any Asian soup you'd like to make.

Servings Info.:

Yield: 10 cups

Servings: 6

Serving Size: 1-1/3 cups
(including 6 dumplings)



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- last checked 12/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Filling Meat Mix:

- 1/2 lb extra lean ground turkey
- 1/8 tsp baking soda, dissolved with 1 tsp water
- 1/4 tsp fish sauce
- 1 tsp reduced sodium soy sauce
- 1 tsp dark soy sauce
- 1/3 cup finely minced onion
- 1/4 cup finely minced green onion
- 1 tsp garlic, minced (1 medium garlic clove)
- 1/2 tsp ginger, minced
- 1/8 tsp coarse ground black pepper

Broth:

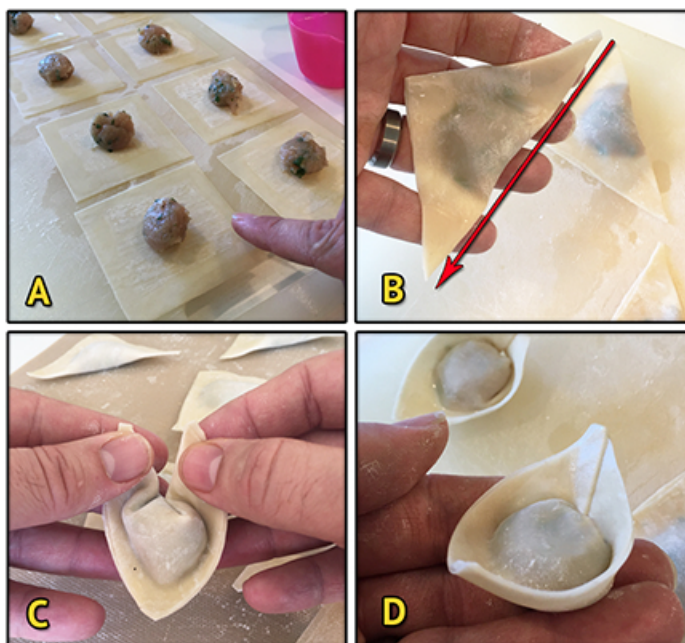
- 6 cups fat free chicken broth
- 1 garlic clove, minced
- 1/2 tsp ginger, minced
- 1 tsp sesame oil
- 1/2 tsp fish sauce
- 2 Tbsp lower sodium soy sauce
- 1 tsp salt
- 1/2 tsp black pepper
- 1-1/2 Tbsp cornstarch, dissolved in 2 Tbsp water

Additional Ingredients:

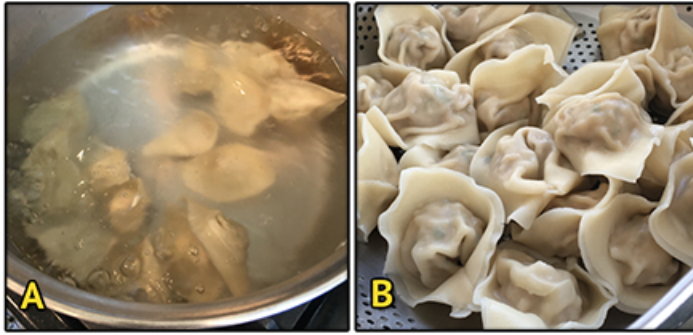
- 36 wonton wrappers, square shaped, any brand... measured and cut into 3 inch squares. (most packages are 3-1/2 inches)
- additional thin sliced green onions, for garnish

Directions:

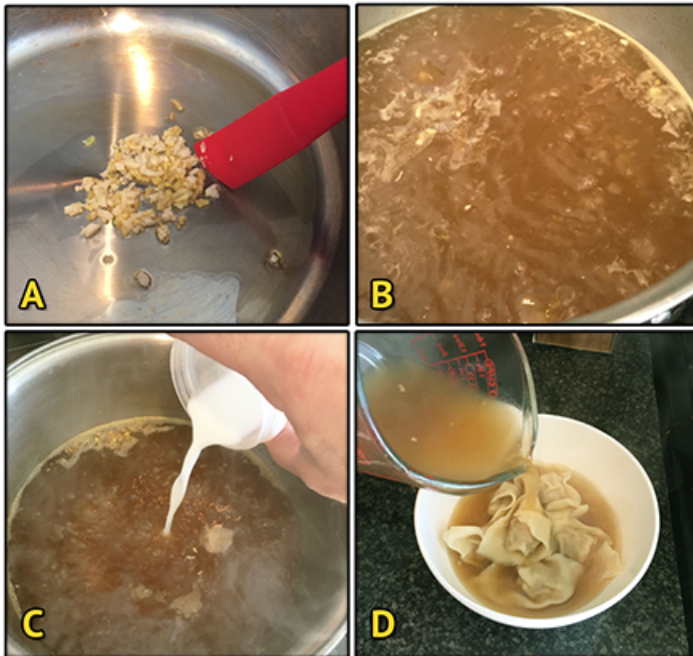
1. Mix all of the 'filling' ingredients together. Set aside for 30 minutes. While it's resting, start heating a large pot of water, over medium-high heat.



2. (A) Take half (18) of the cut wonton wrappers and place 1-1/2 tsp of the meat mixture into the center of each wrapper. Dip your finger in water and wet around the edges of each wrapper. (B) Fold each wrapper into a triangle, pressing out as much air as possible. Then wet your finger again and wet the back of the wrapper, along the red arrow in the pic. (C) Fold the two side edges of the triangle back, and pinch them against each other. (D) When you're done, they should look like a little boat. Holding the 2 pinched edges together for a few seconds helps them to stick together. Set aside. Repeat with the next 18 wrappers. Set aside, while the water heats up.



3. (A) When the water reaches a boil, use a spoon and swirl the water around so that it's swirling pretty quickly. This will prevent the dumplings from sticking to the bottom of the pan. With the water swirling, drop half of the wontons into the water as quickly as possible. Once most of them start floating to the surface, set your timer and cook for 2 more minutes. (B) Scoop out the dumplings, place them in a colander and rinse them under cold water. Keep them there. Place the remainder of the uncooked dumplings in the boiling water. Once they begin floating, boil for 2 more minutes, then add them to the colander and rinse them under cold water. Set aside. Every few minutes, rinse them off 1 or 2 more times. This will prevent them from sticking together as they sit.



4. (A) Take your pot and pour out all of the used, hot water. Wipe it dry, then begin heating the pan on medium heat. Add the sesame oil, minced ginger and garlic. Cook for 1 to 2 minutes, or till they become fragrant, without browning. (B) Add the chicken broth, garlic, ginger, fish sauce, soy sauce, salt and black pepper. Turn up the heat to high and bring to a boil. (C) Dissolve the cornstarch into 2 Tbsp of water, then stir it into the boiling soup. Return to a boil and cook for 2 more minutes. (D) Take 6 serving bowls place 6 of the cooked/cooled dumplings into the bottom of each bowl. Pour/ladle 1-1/4 cups of the hot broth into each bowl. Let sit for 5 minutes before serving. Garnish with thin sliced green onions, if desired.

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is to reduce the total ingredient points.
- **WONTON POINTS:** This recipe makes 36 dumplings. If I were to just build the recipe using 36 of the 3.5" wrappers, right out of the package... that'd be 23 points for the 36 wrappers. HOWEVER... we aren't using 3-1/2 inch wrappers, we're trimming them down to 3 inches. So, I trimmed them, busted out my kitchen scale, then weighed all 36 of the NOW 3 inch wrappers, in grams. They weighed 204 grams, which is only 17 points.
Doing this one extra step removed 6 ingredient points and allowed the soup to be 3 points per serving, instead of 4. (note: different brands of wonton wrappers may be different points. I used "Twin Dragon, all natural wonton wrappers". If you use a different brand, adjust your points if necessary.
- **DUMPLING-PREP.:** If you don't have time to make this entire recipe all at once, you can prep the dumplings ahead of time. Fill & fold them into their shapes, then freeze and store them in your freezer. When you are ready to make the soup, simply remove them from your freezer. If frozen, you can let them thaw out, oooooor, simply drop half of them into boiling water. Once they start to float, cook for 2 more minutes. Scoop'em out, rinse them off and repeat the process.
- **FROZEN MINI WONTONS.:** You can obviously save time and energy by using store bought, frozen mini wonton dumplings. Adjust your points as necessary, if you do.

