

Hot and Sweet Soup with Seafood Dumplings

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 8

8 ounces lean pork shoulder, finely chopped

8 ounces medium shrimp, peeled, deveined if necessary and finely chopped

8 ounces crab meat, picked over

2 scallions, trimmed and finely chopped

1 1/2 teaspoons finely chopped fresh ginger

1 egg white, beaten

8 cups unsalted chicken stock

2 teaspoons sweet chili sauce OR 1 teaspoon crushed red hot-pepper flakes mixed with 2 teaspoons corn syrup and 1 teaspoon vinegar

1/2 cup fresh lemon juice

1 1/2 cups small canoloupe balls

1/4 teaspoon salt

Preparation Time: 1 hour

Combine the pork, shrimp, crab meat, scallions, ginger and egg white in a large bowl. Shape heaping teaspoons of the mixture into dumplings about one inch in diameter, moistening your palms from time to time to keep the mixture from sticking to them.

Pour the stock into a large pot and bring it to a boil. Reduce the heat to maintain a strong simmer and add the chili sauce or pepper-flake mixture and 1/4 cup of the lemon juice. Gently drop half of the dumplings into the hot liquid and simmer them for 5 minutes. Remove the dumplings with a slotted spoon and set them aside. Drop the remaining dumplings into the liquid and simmer them for 5 minutes. When the second batch is done, return the first batch of dumplings to the pot. Heat the dumplings through, then add the melon balls, the salt and the remaining 1/4 cup of lemon juice. Serve the soup in individual bowls.

Start to Finish Time: 1 hour 15 minutes

Per Serving (excluding unknown items): 87 Calories; 2g Fat (19.2% calories from fat); 15g Protein; 2g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 224mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	87	Vitamin B6 (mg):	.1mg
% Calories from Fat:	19.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	8.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	72.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	18mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	79mg	% Refused:	n n%
Carbohydrate (g):	2g		
Dietary Fiber (g):	trace		
Protein (g):	15g		
Sodium (mg):	224mg		
Potassium (mg):	248mg		
Calcium (mg):	49mg		
Iron (mg):	1mg		
Zinc (mg):	2mg		
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	71IU		
Vitamin A (r.e.):	18RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	87	Calories from Fat:	17
% Daily Values*			
Total Fat	2g		3%
Saturated Fat	trace		2%
Cholesterol	79mg		26%
Sodium	224mg		9%
Total Carbohydrates	2g		1%
Dietary Fiber	trace		1%
Protein	15g		
Vitamin A			1%
Vitamin C			15%
Calcium			5%
Iron			6%

* Percent Daily Values are based on a 2000 calorie diet.