

Turkey Soup with Lemon-Celery Dumplings

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

4 (about 2 pounds) turkey-wing drumettes

2 carrots, sliced into thin rounds

2 onions, coarsely chopped

3/4 teaspoon ground allspice

2 stalks celery, thinly sliced

2 tablespoons fresh lemon juice

5 cloves garlic, finely chopped

1/2 teaspoon salt

freshly ground black pepper

LEMON-CELERY

DUMPLINGS

1 1/3 cups unbleached all-purpose flour

2 teaspoons double-acting baking powder

1/4 teaspoon salt

1/8 teaspoon cayenne powder

3 tablespoons celery leaves, finely chopped

1 tablespoon safflower oil

1 tablespoon unsalted butter, melted

1/2 cup low-fat milk

1 tablespoon fresh lemon juice

1 teaspoon grated lemon zest

Preparation Time: 45 minutes

Place the turkey-wing drumettes in a large, heavy-bottomed pot. Pour in twelve cups of water and bring it to a boil. Reduce the heat to medium and cook the drumettes for 5 minutes, skimming off any impurities that collect on the surface of the liquid. Pour in 1/2 cup of cold water and simmer the turkey for 20 minutes, skimming as necessary. Add the carrots, onions, allspice, celery, lemon juice, garlic, salt and some pepper. Simmer the mixture until the turkey is quite tender - about one and one-half hours.

About half an hour before the turkey is done, prepare the dumpling dough. Sift the flour, baking powder, salt and cayenne pepper into a large bowl. Stir in the celery leaves, oil and butter to obtain a dry paste. Whisk in the milk, 1/4 cup at a time; then whisk in the lemon juice and lemon zest until the dough becomes smooth and elastic. Cover the bowl with plastic wrap and refrigerate it.

When the turkey is tender, strain the liquid into a large bowl. Remove the wings from the strainer and set them aside. Degrease the liquid. Puree the vegetables with a little of the cooking liquid in a blender or food processor. Return the puree and the degreased liquid to the pot.

When the turkey drumettes are cool enough to handle, peel off and discard their skin. Remove the meat from the bones; discard the bones. Cut the meat into 1/2-inch pieces and return it to the soup.

Bring the soup to a simmer. Spoon heaping teaspoons of the dough directly into the soup, rinsing the spoon in cold water after each dumpling floats free. Simmer the dumplings on the first side for 5 minutes then gently turn them over and simmer them on the second side until they are lightly puffed up - 3 to 5 minutes more. Serve the soup and dumplings immediately.

Start to Finish Time: 2 hours 20 minutes

Turkey-wing drumettes - the upper part of the wings, which contain most of the meat - are widely available in supermarkets.

Per Serving (excluding unknown items): 71 Calories; 4g Fat (51.4% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 452mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	71	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	43.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Daily Value:	0 0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	452mg	Vegetable:	1 1/2
Potassium (mg):	200mg	Fruit:	0
Calcium (mg):	119mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	6845IU		
Vitamin A (r.e.):	695RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 71 Calories from Fat: 36

% Daily Values*		
Total Fat	4g	7%
Saturated Fat	1g	7%
Cholesterol	5mg	2%
Sodium	452mg	19%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	7%
Protein	1g	

Vitamin A	137%
Vitamin C	17%

Calcium	12%
Iron	3%

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