

Fish Dumplings & Bok Choy Soup



Ingredients

- 500mls fish stock
- 2 tbspn soy sauce
- 2 star anise
- 5cm fresh ginger root, peeled and thinly sliced
- 1 small bok choy, finely sliced
- 1 cup rice vermicelli noodles, soaked in water
- 4 button mushrooms, quartered
- 4 snapper fillets
- 1 spring onion, chopped
- 3 garlic cloves, crushed
- 1cm fresh ginger root, grated
- ¼ cup fresh coriander (roots and stalks), chopped
- 1 tspn sweet chilli sauce
- 1 tspn fish sauce
- 2 tspn oyster sauce
- 1 tspn sesame oil
- 2 tbspn rice flour
- 16 wonton wrappers



Method

To make the soup, place fish stock in a large pot and heat with soy sauce, star anise and 5cm of peeled and thinly sliced ginger root. Bring to the boil, reduce heat and simmer for 10 minutes. Add bok choy, vermicelli and mushrooms to the pot and bring back to the boil.

To make the dumplings, place snapper fillets in a food processor and mince. Remove minced fish from the food processor, place into a large bowl and add spring onion, garlic, ginger, coriander, sweet chilli sauce, fish sauce, oyster sauce, and sesame oil. Check the consistency of the mixture - it should be soft, but holding its shape - add rice flour if needed.

Lay out wonton wrappers and in the centre of each place a ball of fish mixture. Fold up sides of wrappers to seal the dumplings.

Place a pot of water onto boil, and blanch the dumplings - they will float to the top when cooked. You may need to cook them in batches. Lift from water with a slotted spoon and add to the soup.

Serve bok choy soup in individual bowls with 3-4 dumplings per serving.

An image from *The New Zealand Seafood Cookbook*.

Text by Auckland Seafood School and contributing chefs; with food photography by Sean Shadbolt.

Published by Penguin Group NZ. ©Auckland Seafood School, 2009