

Slippery Rice Balls in Cabbage-Radish Soup

Tang Yuan

Number of Servings: 4.0

Analysis is for 1 serving.

<i>Item Name</i>	<i>Quantity</i>	<i>Measure</i>
Dried Shiitake, <i>soaked in water</i>	4	Each
Pork butt, lean, boneless, <i>cut in 8 equal pieces</i>	1/2	Pound
Dried Shrimp	2	Tablespoon
Napa cabbage leaves, <i>sliced into 1-inch ribbons</i>	4	Each
Carrot, med, <i>sliced into thin round slices</i>	1	Each
Chinese Sausage, <i>cut diagonally into thin slices</i>	1	Each
Salt	1	Teaspoon
Dumplings (rice balls)	20	Each
Water	5	Cups

Nutrients

Calories	350 kcal	Cholesterol	50 mg	Fiber	3 g
Total Fat	11 g	Sodium	790 mg	Sugars	2 g
Saturated Fat	3.5 g	Carbohydrate	47 g	Protein	16 g

Notes

DIRECTIONS:

Method:

- 1. Make the Soup:** Fish out the soaked mushrooms with your fingers, squeezing the excess liquid back into the bowl. Remove and discard the stems and set the mushroom caps aside. Strain the soaking liquid.
2. Place the pork, dried shrimp, mushrooms, and their soaking liquid in a medium pot. Pour in 5 cups water and bring to a boil over high heat. Cover, reduce the heat to low, and simmer for 30 minutes. Skim the froth off the surface with a spoon.

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4849 Ronson Court, Suite 115, San Diego, CA 92111

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3. **Make the Dough:** While the soup is simmering, place 1 cup of the rice flour in a medium bowl and keep the remaining ¼ cup handy. Pour in the warm water and mix until all the liquid has been absorbed. Knead the dough in the bowl for a minute. This dough needs to be firm enough to hold its shape when rolled into balls. If it is too soft or sticky, work in some of the remaining flour, a little at a time.
4. Once the soup has simmered for 30 minutes, mix in the cabbage, daikon, sausage, and salt, cover, and simmer for 10 minutes longer. Reduce the heat to very, very low to keep soup hot until it's time to add the dumplings.
5. **Make and Cook the Dumplings:** Line a tray with a kitchen towel and sprinkle with a little rice flour.
6. Fill a medium pot halfway with salted water and bring it to a boil over high heat.
7. As the water comes to a boil, pinch off a small piece of dough and roll it into a ball about 1 inch around. Dust with a little rice flour and place on the prepared tray. Repeat with the remaining dough.
8. Lower the heat under the boiling water for a gentle simmer. Carefully drop the dumplings, a few at a time, into the water. Cook until all of them are floating, about 2 minutes, then cook for 2 minutes longer.
9. Remove the *tang yuan* with a slotted spoon, place them in the hot soup, cover, steep for 3 minutes, and serve.

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