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by ewfood

Turkey and Dumpling Soup



Ingredients

FOR THE STOCK:
12 cups water
1 cube chicken stock
1 left-over turkey carcass
2 tsp salt
1 tsp dried thyme
1 bay leaf
1 large onion - wedged
3/4 cup celery - chopped
4 carrots
FOR THE SOUP:
1/2 cup milk
6 tbsp all-purpose flour
1 turnip or cabbage - cubed
Ground black pepper
FOR THE DUMPLINGS:
4 tbsp chopped fresh parsley
2 slices white bread - quartered
3/4 cup all-purpose flour
1 tsp baking powder
1/2 cup milk
2 tbsp butter - melted
680g cooked turkey - cubed

Preparation

1. FOR THE STOCK:
2. In a stockpot bring to boil the water, turkey carcass, onion, salt, thyme, stock, 1/2 cup celery, 2 carrots and bay leaf.
3. Reduce the heat and simmer covered for 1 1/2 hours.
4. Once it is cooked, strain the stock and return it to the stockpot.

5 Discard the solids and pick the meat off the carcass.

6 Keep aside for later use.

7 FOR THE SOUP:

8 Bring the clear stock to a simmer.

9 Combine the flour and milk in an airtight container and shake it well.

10 Strain this mixture into the stock - while stirring vigorously.

11 Slice the remaining carrots and add them along with the remaining celery, ground pepper and the turnip or cabbage to the stock.

12 Let it simmer for 20 minutes.

13 FOR THE DUMPLINGS:

14 Meanwhile prepare the dumplings by combining the parsley and bread in a food processor until crumbs are formed.

15 Add the flour, baking powder and salt - process until combined.

16 After that incorporate the milk and butter - pulse until all the ingredients are combined.

17 Drop full teaspoons of the dumpling mixture into the soup.

18 Cover the pot and cook for 10 minutes.

19 Then add the turkey and cook until the meat is heated through.

20 Now your soup is ready to be eaten.

21 ENJOY!

22 HAVE A MERRY CHRISTMAS...FROM THE EXPATWOMAN TEAM!

Cooks Note