

Meat Dumpling Noodle Soup Recipe

(Bakso Lengkap Recipe)

Ingredients:

Cooking oil for deep-frying
1.5 liters (6 cups) Chicken or beef stock
120 g egg noodles, cooked
120 g firm bean curd, sliced

Chicken wontons:

150 g chicken meat, minced
10 g scallions, sliced
1 tablespoon potato flour
8 wonton wrappers
1 egg white, beaten

Beef dumplings:

150 g beef topside (round), minced
10 g scallions, trimmed and sliced
1 tablespoon potato flour
a pinch of ground nutmeg

Seafood dumplings:

150 g fish fillets, minced
10 g coriander (cilantro) leaves, chopped
a pinch of sugar

Seasoning (3 sets):

1 tablespoon oyster sauce
1 teaspoon salty soy sauce (kecap asin)
1 teaspoon sweet soy sauce (kecap manis)
a pinch of ground white pepper
a pinch of salt

Method:

Prepare chicken wontons. Place all ingredients, except wrappers and egg white, in a bowl. Add 1 set of seasoning ingredients and mix well. Place 1 teaspoon filling onto the center of each wrapper. Lift corners and bring together over filling. Secure with egg white. Deep-fry half the chicken wontons in medium-hot oil until golden brown and crispy. Remove and drain well.

Prepare beef dumplings. Combine all ingredients with another set of seasoning ingredients and mix into a smooth paste. Use 2 tablespoons to shape mixture into round dumplings. Repeat with seafood mixture. Bring stock to a simmer in a saucepan. Poach remaining chicken wontons for 3 minutes, then beef and seafood dumplings separately for 2 minute each. Once last dumpling is removed, increase heat to bring stock to the boil. Meanwhile, divide noodles, bean curd, wontons and dumplings among 4 individual serving bowls, then ladle boiling stock over. Garnish, if desired, with Chinese celery leaves and fried shallots. Serve with nasi goreng sauce or sweet soy sauce on the side.