



Salmon Dumplings with Coconut Curry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup chicken stock see
- ☐ 1.5 tablespoons chicken stock see
- ☐ 0.3 cup lightly cilantro leaves chopped
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 egg white beaten
- ☐ 1 tablespoon fish sauce
- ☐ 1 teaspoon fish sauce

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger finely minced
- ☐ 1 juice of lime
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 4 ounces fat fresh
- ☐ 30 wonton skins fresh
- ☐ 1 pound salmon wild
- ☐ 1 tablespoon scallion finely minced
- ☐ 1 teaspoon sesame oil
- ☐ 0.3 teaspoon sugar
- ☐ 14 ounce coconut milk unsweetened canned
- ☐ 2 tablespoons curry paste fresh yellow

Equipment

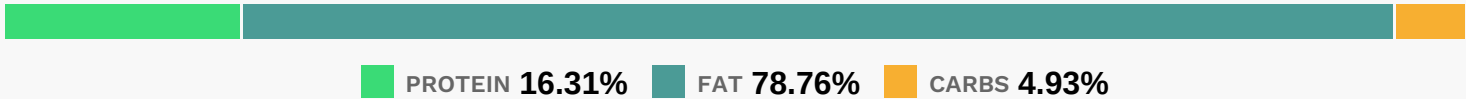
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Simmer the pork fat in water to cover for 15 minutes.
- ☐ Drain, allow to cool, and chop finely.
- ☐ Cut the salmon into a small dice. Put all the ingredients, except the wonton skins, into a mixing bowl and stir in one direction until mixed.
- ☐ Spread a wonton skin in front of you. Put 1 teaspoon of the filling in the center of the skin. Dampen the edges of the skin with water and fold in half, pressing the edges to seal. Then, with the folded edge facing you, pull the bottom corners directly down, fold them over one another slightly, and pinch to seal. The resulting dumpling should look like a nurse's cap. Repeat until filling has been used.
- ☐ Bring a large quantity of water to a boil. When rapidly boiling, add the wontons (not so much that the water will stop boiling, about half), and cook for 3 to 4 minutes or until opaque.

- ☐ Remove, drain, and serve over or with the Coconut Curry Sauce.
- ☐ Heat a saucepan and add the curry paste.
- ☐ Saute very briefly.
- ☐ Add the coconut milk and chicken stock, and simmer until the sauce reduces by one-third. Set aside.
- ☐ While boiling the dumplings, reheat the coconut milk mixture; add the fish sauce and lime juice and, when the dumplings are done, drizzle the sauce generously over a serving plate.
- ☐ Sprinkle with the fresh cilantro. Arrange the dumplings over the sauce and serve.
- ☐ Makes about 1 1/2 cups

Nutrition Facts



Properties

Glycemic Index:26.64, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:12.523043362991%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 378.87kcal (18.94%), Fat: 33.5g (51.53%), Saturated Fat: 17.54g (109.6%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.55g (2.83%), Cholesterol: 48.75mg (16.25%), Sodium: 656.89mg (28.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.21%), Selenium: 24.87µg (35.53%), Vitamin B12: 1.82µg (30.32%), Vitamin B3: 5.21mg (26.05%), Vitamin B6: 0.51mg (25.36%), Manganese: 0.49mg (24.71%), Phosphorus: 169.91mg (16.99%), Copper: 0.29mg (14.59%), Vitamin B2: 0.24mg (14.33%), Vitamin A: 693.59IU (13.87%), Potassium: 453.14mg (12.95%), Vitamin B5: 1.05mg (10.54%), Magnesium: 42.01mg (10.5%), Vitamin B1: 0.15mg (10%), Iron: 1.51mg (8.39%), Folate: 26.13µg (6.53%), Fiber: 1.33g (5.33%), Zinc: 0.76mg (5.04%), Vitamin K: 5.05µg (4.81%), Vitamin C: 3.33mg (4.03%), Vitamin E: 0.49mg (3.24%), Calcium: 25.59mg (2.56%), Vitamin D: 0.35µg (2.36%)