



Cauliflower Soup with Green Pea Dumplings

Yield: 10 servings

Ingredients	Amount
Cauliflower Soup	
Cauliflower	1½ whole/ 750g
Vegetable oil	2 tablespoons
Leek, finely sliced	2 medium/ 125g
Onion, large, chopped	½ whole/ 70g
Chicken Stock, Home made	1.4L
Fresh Cream	80g
Salt	¼ teaspoon
Ground White Pepper	⅛ teaspoon
Fresh Chervils (for garnish)	few leaves/ 1g
Green Pea Dumplings	
Frozen Green Peas	2 cups/ 350g
Wonton Skin	20 pieces
Coriander, sliced	few leaves/ 2g
Salt	⅛ teaspoon

STEPS:

1. Cut cauliflower into small pieces and soak in water for 1 hour before cooking to reduce its potassium content.
2. Heat up vegetable oil in a medium stockpot. Add the leek and onion, cook over medium heat for 2 to 3 minutes or until translucent.
3. Increase heat to high, add in the cauliflower and chicken stock. After bringing it to a boil, reduce the heat to medium and simmer for 15 minutes until the vegetables are soft.
4. Let the soup cool down, then puree the soup in batches using food processor and blend it till smooth.
5. Pass the puree through a strainer into a clean stock pot. Then, add fresh cream and season the soup with salt and pepper.
6. To prepare the green pea dumplings, soak the green peas in water for 15 minutes. Wash the peas lightly and strain it.
7. Boil a pot of hot water, blanch the green peas until soft. Mash them and season with salt.
8. Add 1 teaspoon of mashed peas on the wonton skin together with sliced coriander.
9. Wrap the skin and poach the dumplings in hot water for 30 to 45 seconds or until it is cooked, strain and cover the dumplings with cling wrap to prevent dry dumpling skin.
10. Add the dumplings to the cauliflower soup. Garnish with fresh chervils before serving.

Healthy TIPS!

- ✓ Using home made chicken stock to replace commercial chicken stock cube can reduce up to 80% of sodium content.
- ✓ For kidney patients require to limit potassium intake: Cut the vegetables into smaller pieces then soak them in water for at least an hour helps to reduce the potassium content.

Nutrition content per serving: (Energy: 123 kcal)

Carbohydrate: 8g	Protein: 7g	Total fat: 7g
Sodium: 142 mg	Potassium: 299 mg	Phosphate: 77 mg

Recipe courtesy of Chef Jason Koh from ITE College West, in collaboration with NKF Dietitians

花椰菜浓汤与豌豆馅饺子

份量：10 人份

材料:	份量
花椰菜浓汤	
花椰菜, 切成小块	1½ 颗/ 750 克
植物油	2 汤匙
蒜苗, 切丝	2 根/ 125 克
大葱, 剁碎	½ 颗 (大) / 70 克
自制鸡汤	1.4 公升
鲜奶油	80 克
盐	¼ 茶匙
白胡椒粉	⅛ 茶匙
细叶芹 (装饰)	些许叶片/ 1 克
豌豆饺子	
冷冻豌豆	2 杯/ 350 克
饺子皮	20 片
香菜 (切丝)	些许叶片/ 2 克
盐	⅛ 茶匙

烹调步骤:

1. 烹煮前, 把花椰菜切成小块, 并浸泡在水里约 1 小时以便减少钾的含量。
2. 把油倒入锅中预热。再加入蒜苗和大葱, 用中火炒 2 到 3 分钟或炒至呈半透明状。
3. 调至大火, 并加入花椰菜和自制鸡汤。当滚至沸腾后, 把火候调低至中火, 然后焖大约 15 分钟, 直到花椰菜变软为止。
4. 关火后, 把汤搁置一旁冷却, 然后分次用搅拌机把它搅成口感顺滑的菜泥汤。
5. 将菜泥汤过筛, 放入另一个干净的锅中。加入鲜奶油, 并用盐和白胡椒粉调味。
6. 至于豌豆饺子, 先将豌豆浸泡在水里 15 分钟。用清水洗干净后沥干。
7. 把豌豆加入沸水中, 煮至变软后捞起, 压成泥状。接着, 加入盐来调味。
8. 在饺子皮上放一茶匙的豌豆泥和切丝的香菜。
9. 将饺子包好, 加入沸水中煮 30 至 45 秒或直到煮熟为止。将煮熟的饺子沥干, 并盖上保鲜膜以防止饺子皮变干。
10. 上桌前, 将饺子加入浓汤, 并摆上细叶芹点缀即可。

健康小贴士:

- ✓ 用自制鸡汤替换鸡精块可帮助您减少高达80%的钠含量。
- ✓ 需要限制钾摄入量的肾脏病患: 您可将蔬菜切至小块, 并浸泡在水里大约1-2小时, 沥干备用。

营养含量 (一人份): (热量: 123 kcal)

碳水化合物: 8 克	蛋白质: 7 克	脂肪: 7 克
钠: 142 毫克	钾: 299 毫克	磷: 77 毫克

此食谱由工艺教育西区学院的 Chef Jason Koh 与全国肾脏基金会的营养师提供