

Chicken Meatball Soup

鶏だんごスープ

● Ingredients (servings 2)

½ lb. Ground Chicken

1 Egg

2 Tbsp. minced Green Onion

½ tsp. grated Ginger

1 tsp. plus ½ separate Tbsp. Soy Sauce

½ tsp. plus ½ separate tsp. Salt

1 ½ Tbsp. plus ½ separate Tbsp. Cooking Sake

1 ½ Tbsp. Flour

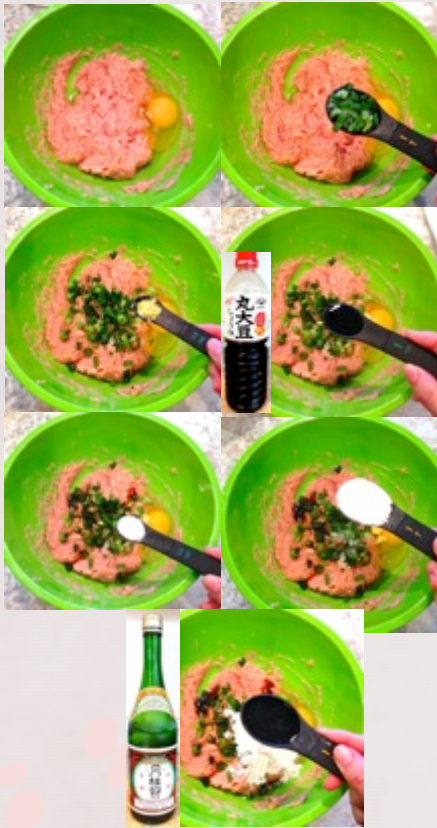
1 carrot

3 pieces Dried Shiitake Mushrooms

2 cups Kelp Dashi Stock

1 cup Water (leftover from soaking Shiitake)

● Prepare Meatballs



In a bowl, combine
½ lb. of ground chicken
1 Egg
2 Tbsp. of minced green onion
½ tsp. of grated ginger
1 tsp. of soy sauce
½ tsp. of salt
1 ½ Tbsp. of flour
1 ½ Tbsp. of cooking Sake



Mix well by hand until gooey.

Scoop up bite-size bits of the mixture and drop into boiled water.

Boil over medium heat for 8 minutes.

After the 8 minutes, drain.
These are Japanese-style Chicken Meatballs!

● Prepare Soup Ingredients



Soak 3 dried Shiitake mushrooms in 1 cup of cold purified water and put in the refrigerator for 24 hours (start soaking the day before you want to cook the meal)

※After soaking keep 1 cup of the soaking water



Cut off the shiitakes' hard tips and cut into strips.



Mince a peeled carrot.

● Cook



In a sauce pan, combine
1 cup of water used for soaking the shiitake mushrooms
2 cups of Kelp Dashi stock
The sliced shiitake mushroom
The minced carrot.
Cook over high heat until it boils.



After it boils, turn the heat to low and add the following,
½ Tbsp. of cooking Sake
½ Tbsp. of soy sauce
½ tsp. of salt



Add the boiled meatballs to the pan and cook for 10 minutes over low heat.

Enjoy!!

