Xiao Long Bao: Chicken Soup Dumplings

Tender minced chicken and aromatic ginger wrapped in a savoury broth



PREP	COOK	TOTAL	SERVES	CALORIES
1 hr	7 min	1 hr 52 min	8 servings	135 kcal

Ingredients

- 6 cups low-sodium chicken stock, approx. 1.4 L
- 30 g fresh ginger, sliced
- 2 scallions, green parts only, sliced
- 1 tsp salt, for stock
- 2 cups chicken stock, 480 ml, for gelatin broth
- 10 g powdered gelatin, approx. 2 tsp
- 2 tbsp cold water, for gelatin
- 454 g halal ground chicken, 1 lb
- 1 tsp ginger, minced
- 1 tsp garlic, minced
- 1 tsp scallion, green part, minced
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 tsp sugar
- 1 tsp salt, for filling
- 2 tbsp cornstarch, dissolved in 2 tbsp cold water
- 120 ml chicken stock, for filling moisture
- 28 Shanghai-style dumpling wrappers
- 1 tbsp sesame oil, for sealing wrappers
- 2 tbsp soy sauce, dipping sauce

- 1 tbsp rice vinegar, dipping sauce
- 1 tbsp fresh ginger, thinly sliced for dipping sauce

Instructions

1. Infuse the stock: Combine 6 cups chicken stock, sliced ginger, sliced scallions, and 1 tsp salt in a medium saucepan. Bring to a light boil and then reduce to a gentle simmer. This step allows the aromatics to flavour the base. Strain the liquid and let it cool to lukewarm.
2. Prepare gelatin broth: Whisk 10 g powdered gelatin with 2 tbsp cold water until dissolved. Stir in 2 cups of strained stock, 1 tsp soy sauce, 1 tsp sesame oil, and 1 tsp sugar. Heat gently until the gelatin dissolves. Refrigerate for 30 minutes until firm, then cut into 1 cm cubes.
3. Mix the filling: Combine ground chicken with minced ginger, garlic, scallion, soy sauce, sesame oil, sugar, and salt. Stir in the cornstarch slurry and 120 ml chicken stock. Mix until the paste is smooth and tacky. Chill for 15 minutes so the filling firms up and holds its shape.
4. Fill the wrappers: Place a wrapper on a floured surface. Use a chilled spoon to place 1 tbsp of chicken filling in the centre. Top the mound with one or two chilled gelatin cubes. Position the cubes high so they crack and melt during steaming.
5. Seal the dumplings: Fold one edge of the wrapper over the filling, then fold the opposite edge to meet it. Pinch the edges together using water to create a seal. Shape the top into a classic 'X' pleat. Ensure the seal is tight to prevent the soup from leaking.
6. Steam the dumplings: Bring 2 inches of water to a rolling boil in a pot. Place a lightly oiled bamboo steamer over the water and arrange dumplings 1 inch apart. Cover tightly and steam for 5 to 7 minutes. The wrappers should become translucent as the gelatin melts into soup.
7. Finish and serve: Whisk 2 tbsp soy sauce, 1 tbsp rice vinegar, sliced ginger, and oil for the dipping sauce. Carefully remove the steamer and drain excess water. Cover the dumplings with parchment for a few minutes to reduce surface moisture before serving.

Notes

What to serve with itPair these dumplings with a side of lightly sautéed spinach or a cucumber salad to provide a fresh contrast. Plate them on a slate tray with a drizzle of sesame oil and sliced scallions. Serve with a small bowl of rice vinegar and chili oil for a pungent dipping experience.

Storing and reheatingFreeze uncooked dumplings in a single layer on parchment before transferring them to a bag for up to 30 days. This prevents them from sticking. To reheat, steam them fresh. Never store uncooked dumplings at room temperature for longer than 1 hour to prevent the growth of bacteria.