



Salmon and Dumpling Noodle Soup

This creamy comfort soup is food for the soul

*Special **Heart Star** - Salmon*

- 1 Tablespoon unsalted butter
- 2 Tablespoons olive oil
- 1 cup chopped onion
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 Tablespoons minced parsley
- 2 teaspoons minced fresh dill
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

1/2 cup dry white wine
3 cups no salt chicken stock
1 cup almond or regular milk
1/4 cup cooked bacon bits, optional
Homemade Dumpling Noodles (see recipe)
8 ounces Verlasso pan roasted Cajun seasoned boneless, skinless salmon
1 cup frozen green peas
1/4 to 1/2 cup heavy or light cream, if desired
1/4 cup fresh parsley, minced
2 Tablespoons fresh dill, minced
Garnish: crushed garlic croutons; hot sauce as desired

In a soup pot, melt butter with olive oil; stir in onions, carrots, celery, parsley, and dill; sauté over medium heat for about 15 to 20 minutes; stir in flour; cook for about 1 minute. Season with salt and black pepper as desired.

Deglaze the pan with wine, stock, and milk. Add bacon bits. Bring to a boil. Add dumpling noodles, about 4 at a time; stir after each addition. Cover pot; simmer until noodles are completely cooked, about 10 to 12 minutes.

Break salmon into pieces; add salmon and green peas to soup. Bring to a boil; stir in cream, add parsley and dill. If desired, sprinkle with crushed garlic croutons and drizzles of hot sauce as desired.

Serves: 4

Dumpling Noodles

1/2 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
3 Tablespoons chicken broth
1 Tablespoon olive oil

In mixing bowl, combine all dumpling ingredients; mix to combine; form a stiff dough. Roll dough into rectangle about 1/4 inch thickness on lightly floured surface. Cut into 1-1/2 to 2-inch squares.

Add noodle dumplings a few at a time into boiling soup; stir after each addition. Cover pot; reduce heat to simmer; cook until dumplings are completely cooked, about 12 to 15 minutes.

Cook's Note: This dish is a cream soup with some homemade rustic noodles. If desired, double the dumpling noodle recipe for a generous amount of noodles to serve it as a pasta type entrée. If you do this, add an additional cup of broth to the recipe.

To pan roast or pan fry the salmon: See <https://www.verlasso.com/cooking-techniques/> We sprinkle our raw salmon with blackened seasoning.

About the Recipe: This creamy soup tastes a little like the inside of a pot pie, filled with carrots, onions, celery, and peas. Bits of bacon add a smoke flavor to the small chunks of salmon. Rustic squares of light noodle dumplings delightfully tease your taste buds. Add a touch of hot sauce to make the dish pop with flavor.