Modified Caribbean West Indian Soup

Provides 8 servings. Preparation time is 1hr 20minutes

Ingredients:

75g White or yellow yam peeled and chopped

1 Medium sweet potato peeled and chopped

2 Medium carrots chopped

200g Pumpkin flesh, chopped into cubes

100g Chocho, chopped

1 Corn on the cob, cut into 2 or 3 pieces

500g Chicken breast (or thigh), skinless

170g Self-raising wholemeal flour

30g Cornmeal flour

1 and ½ Cup of water

½ Teaspoon of powdered black pepper

A pinch of salt

1 Teaspoon curry paste or powder

2 Cloves of garlic, finely chopped

1 Scotch bonnet

1 Medium onion, finely chopped

5 Sprigs of fresh thyme

1 low salt vegetable stock cube

120 White vinegar

1 Lemon, squeeze to juice

Preparation method:

Mix the vinegar, lemon and a cup of water, and use it to wash the chicken. Place the washed chicken in a bowl and mix with black pepper and garlic. Put the chopped carrots, chocho, seasoned chicken breast, thyme, curry powder/paste, scotch bonnet and the stock cube together in a saucepan, mix and add water. Put the lid on and bring the soup to boil on medium heat for 30 minutes. Add corn and cook for another 10 minutes. Now add the yam, sweet potato, pumpkin and continue cooking while you make the dumplings. To make the dumplings, mix the self-raising wholemeal flour, cornmeal flour, a pinch of salt and a little water together to make a dough. Lightly knead the dough to a until firm and non-sticky. Roll small portions of the dough between your palms to make softly tapered dumplings. Slowly drop the dumpling balls in the soup. Put the lid on and cook for another 15 to 20 minutes.

Each 300g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
193kcal 816kJ	1.4g	0.2g	6.4g	0.29g
10%	2%	1%	7%	5%

of an adult's reference intake

Nutritional information per 100g of edible portion:

Energy (kcal / kJ)	64kcal/272kj
Total Fat (g)	0.5
of which saturated fatty acids (g)	0
Carbohydrates (g)	9.5
of which sugars (g)	2.1
Dietary fibre (g)	1.2
Protein (g)	4.9
Salt (g)	0.1