

Grocery and Equipment list: Asian Dumpling Soup and Chocolate Chunk Cookies

ASIAN DUMPLING SOUP

Fridge:

Fresh ginger
2 large carrots (or a bag of julienned or shredded carrots)
Low sodium tamari
Bunch of green onions
Toasted sesame oil
500-700 g bag of baby bok choy (5-6 cups)

Pantry:

8 cups low sodium chicken or vegetable broth (I use 2 boxes of Imagine)
Fresh garlic
Kosher salt

Freezer:

454 g (1 lb) frozen potstickers (dumplings) – I use the President’s Choice chicken variety (they also have vegetable or pork varieties). Or, the Bibigo cilantro and chicken wontons from Costco.

Equipment:

Cutting board
Grater
Knife
Ladle
Large soup pot
Measuring spoons
Tongs



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CHOCOLATE CHUNK COOKIES

Fridge:

½ cup unsalted butter (1 stick)
1 egg

Pantry:

All-purpose flour
Baking soda
Brown sugar (I use Muscovado dark Camino)
Granulated or cane sugar (I like the organic Kirkland or PC organics)
Kosher salt
Vanilla extract

Equipment:

Measuring cups and spoons
Oven
Parchment paper
Rimless cookie sheet or baking sheet
Spatula
Stand up mixer or hand beaters

