

## Chicken and Veggie Soup with Corn Dumplings – *Tesmole*

### Ingredients

- 1 ½ lb (680 g) chicken pieces, with bone and skin
- 3 medium carrots; washed, ends removed,  
peeled and diced
- 2 cups corn kernels; fresh or thawed
- 2 medium potatoes; washed
- 1 cup green beans; washed, trimmed and  
sliced into thirds
- 2-3 zucchini; washed, ends removed,  
and diced
- 1 *chayote*; washed, peeled, and diced
- 4 *guajillo* peppers; wiped clean, stems  
and seed removed
- 2 tbsp tomato paste
- ½ white onion; ends removed, peeled, and divided into two pieces
- 1 clove garlic
- 1 cup nixtamalized corn flour (masa harina, such as Maseca™ or Bob's Red Mill™)
- 1 tbsp lard (or oil)
- 1 tbsp oil
- 2 bay leaves
- 2 tbsp epazote; washed, and finely chopped (or for this recipe, use fresh spearmint)
- ½ tsp ground cumin
- ½ tsp ground all-spice
- Water, as needed
- Salt and pepper, to taste
- Limes; washed and cut into wedges



**Cook chicken:** Place chicken pieces, bay leaves, and one piece of onion in a large pot. Fill with water, to cover chicken. Bring to boil over high heat, then reduce to medium, and cook, covered, for 20-30 minutes, until chicken is tender and fully cooked. Transfer chicken to a bowl (optional: remove and discard skin and bones, and shred meat). Reserve. Strain broth through a mesh to discard solids. Reserve broth. **Prepare sauce:** Boil two cups of water in a saucepan. Add cleaned *guajillo* peppers, garlic clove, and the other piece of onion. Remove from heat, and allow to soak until water cools down. Transfer to a blender jar, add tomato paste, half a teaspoon of salt, cumin and all-spice; pour soaking water in, and process until smooth. Reserve. **Prepare corn dumplings (chochoyones):** Place nixtamalized corn flour, one teaspoon of salt, lard (or oil), and epazote in a bowl; add half a cup of water. Knead gently to incorporate, adding more water gradually (about ¾ cup total), to form a soft dough. Take about one teaspoon of dough, and form into a ball. Press the centre of the ball, to flatten and form a well, using either a finger or thumb, or the back of a small measuring spoon.

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Repeat with the rest of the dough. Reserve (makes between fifty and sixty *chocoyones*):



**Finish soup:** Warm up one tablespoon of oil in a large pot over medium heat; add corn kernels, and diced carrots and potatoes. Let the veggies cook for one minute, then stir; do not worry if some are sticking to the bottom, and continue cooking for another two minutes. Pour in reserved broth, scraping any browned bits from the bottom of the pot with the back of a wooden spoon, then add reserved sauce, straining through a mesh. Discard solids left behind in the mesh. Stir and bring back to boil. Add the rest of the veggies (diced chayote, zucchini and sliced green beans.) Add some water to empty blender jar, collecting leftover sauce, and pour in the pot, to desired soup consistency; bring back to boil, reduce to a simmer, and allow to cook, covered, until potatoes and chayote are fork-tender. Add reserved chicken pieces (or shredded chicken meat). Stir to incorporate, season with salt and pepper, to taste, then gently drop in reserved *chochoyones*; bring broth to a very gentle boil, and cook until *chochoyones* start to float. Adjust seasoning with more salt and pepper, to taste. **To serve:** Scoop a little of everything into large soup bowls, and fill with broth. Offer lime wedges on the side:

