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by ewfood

Hot 'n Sour Soup

Ingredients

2 chicken breasts, boiled through and shredded

2fl oz. soy sauce

8fl oz. chicken or vegetable stock

1 clove garlic, crushed

0.25lb shitake mushrooms, diced

3 tsp. red chili paste

2fl oz. rice vinegar

½ tsp. white pepper

1 pkt. soft tofu, diced

½ can bamboo shoots, sliced lengthways

5 tsp. corn starch mixed with 5 tsp. water to create a paste

1 egg, whisked

3 spring onions, chopped

Servings

4

Person

Preparation Time

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hr

Cooking Time

25

min

Preparation

- In a pot bring the stock to a boil and lower the heat to medium to simmer
- 2 Add to this the chicken, soy sauce, garlic, chili paste, pepper, mushrooms, tofu, vinegar and bamboo shoots. Simmer for 10 minutes
- 3 Add the cornstarch paste to the soup and stir. Simmer for a few minutes until the soup has thickened
- 4 Pour the beaten egg into the soup slowly and stir while pouring. Add the green onions and serve it hot

Cooks Note

Preparation time: 1 hour; Cooking time: 25 minutes; Serves 4