



Posted on 17 September 2012

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

1

hr

Cooking Time

25

min

Preparation

- 1 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
