

Posted on 30 March 2014

by Liz Robb

Hot and sour soup



Ingredients

1200 ml vegetable stock
300g mixed mushrooms *
60g canned bamboo shoots
1 cm fresh root ginger
2 cloves of garlic
1 tablespoon of dark soy sauce
Dried crushed chillies
1 level tablespoon of cornflour
3 tablespoons of rice vinegar
Small bunch of spring onions
Small bunch of coriander
160g marinated tofu
Small red chilli
* You can use fresh or dried mushrooms
I used a mixture of button, chestnut and enoki together with just a small amount of dried mixed mushrooms, soaked for 20 minutes then drained. If you use dried Chinese mushrooms, reduce the quantity, discard the hard stalks after soaking and slice the caps.

Preparation

1. 1. First prepare the ingredients. Slice the mushrooms, cut the bamboo shoots into very thin strips and then peel and grate the ginger. Peel and chop the spring onions, reserving one to use for garnish. Chop the coriander.
2. 2. In a small bowl, combine the cornflour and vinegar and leave to one side. In a separate bowl, beat the egg and set aside.
3. 3. In a large saucepan, combine the stock with the mushrooms, bamboo shoots and ginger. Crush and stir in the garlic, then add the soy sauce and dried crushed chillies to taste. I used half a teaspoon of chillies which gives it a real kick
4. add less if you want a milder taste. Simmer gently for 10 minutes.
5. 4. To add long strings of egg to the soup, turn up the heat a bit and drop the egg into the boiling liquid a little at a time, stirring gently.
6. 5. Return to the simmer, and add the spring onions and coriander. Then stir in the cornflour and vinegar mixture and keep stirring for 3 – 4 minutes until the soup has begun to thicken.
7. 6. Chop the tofu pieces into little cubes and add to the pan, stirring for a few minutes more. I like to use marinated tofu, but plain tofu works well too.
8. 7. Ladle into bowls and sprinkle a few tiny rings of sliced red chilli and spring onion, together with a sprig of fresh coriander, on the top to garnish.