

Euphoric Hot and Sour Soup

by The Kitchen Tool

type	category	origin
soup and stocks	appetizer or main	asian

prep time	cook time	marinate time	serves
15 mins	20 mins	n/a	6



Ingredients

- 1/4 cup dried lily flowers (optional) julienned
- 6 cups chicken stock
- 1/2 lb (8 oz) pork tenderloin - thinly sliced and across the grain
- 1/3 cup fresh shiitake mushrooms - cleaned and sliced
- 2 tbsp light soy sauce
- 1 tsp chili sauce (sambal oelek)
- 8 oz medium tofu - cut into 1/4" thin strips
- 1/4 cup bamboo shoots -
- 3 tbsp rice wine vinegar
- 1 tsp ground white pepper
- 2 tbsp corn starch
- 1/4 cup cold water
- 2 eggs whisked
- 3 green onions - thinly sliced
- 1 tsp sesame oil

Common Kitchen Tools: Measuring Cups & Spoons, Chef's Knife, Cutting Boards

Instructions

- add dried lily flowers to small bowl with hot water - soak for 30 mins to 1 hour to rehydrate - thinly slice lily flowers - discard any "hard" ends
- meanwhile, add stock to a medium size pot over high heat – bring to a boil
- add pork – stir and cook for 2 mins
- add mushrooms, soy sauce, chili sauce, tofu, bamboo shoots
- reduce heat to low - simmer for 10 mins
- add rice wine vinegar and white pepper - stir
- add water and corn starch to a small bowl – stir well
- add cornstarch mixture to pot - stir until thickened
- stir soup in a circle (e.g. clockwise) - slowly pour in egg mixture
- add green onions – stir and remove from heat
- drizzle sesame oil
- serve hot
- Cook Well! Eat Well!

Kitchen Tools

- 2 small size bowls
- medium size pot
- wooden spoon
- fork or small whisk
- ladle
- bowls

Notes:

- dried lily flowers are usually available at your local asian market - don't worry if they are not readily available, the soup will be delicious
- lily flowers infuse a gentle earthy flavour with hints of sweet and sour
- shiitake mushrooms also have an earthy flavour, which will be balanced nicely with the other flavour profiles (feel free to substitute with other types of mushrooms)



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