

Egg Drop Soup

From (Serious) New Cook by Leah Su Quiroga and Cammie Kim Lin

This is one of our favorite soups, perhaps because it can be eaten for breakfast, lunch or dinner! This is nothing like the weird, yellow, super cornstarchy stuff we used to see in (American) Chinese restaurants when we were growing up. Instead, it's silky and comforting with well-balanced flavors and nutrients. We always use homemade chicken stock for this soup-it's easy to make, more flavorful than store-bought, and can be stored in the freezer to always have on hand.

Ingredients:

Chicken Stock: 4 cups preferably homemade.

Ginger, 1 teaspoon finely grated

Soy sauce, ½ -1 tablespoon (depending on how dark and salty yours is)

Cornstarch, 1 tablespoon

Eggs, 3 large

Toasted sesame oil, 1 tablespoon

Salt

Black Pepper

Scallions, 2-3, thinly sliced

Variation:

For a heartier version, you can add any of the following. Most can be added before whisking in the cornstarch, but toss in the shrimp and spinach at the very end, after the eggs.

Chicken, cooked, shredded or diced

Shrimp, raw or cooked

Peas, fresh or frozen

Asparagus, finely chopped or sliced

Snap peas, finely chopped or diced

Shiitake mushrooms, sliced

Edamame, fresh or frozen, shelled

Spinach, washed and chopped.

Preparation:

1. Heat the Broth: Bring the stock and ginger to a boil in a medium saucepan over high heat
2. Thicken the Broth: In a small cup or bowl thoroughly stir together the soy sauce and cornstarch. Whisk the cornstarch slurry into the boiling broth. Reduce the heat to medium and cook until the broth is slightly thickened, 1 to 2 minutes.
3. Whisk the eggs: In a medium bowl, lightly whisk the eggs, sesame oil, and ½ teaspoon salt. You want to break up the eggs, but it's nice to keep a tiny bit of separation between the whites and the yolks. Transfer to a liquid measuring cup.
4. Add the eggs and serve: Remove the saucepan from the heat. Pour the eggs into the hot broth in a slow stream, stirring gently but constantly to scatter the eggs as they cook. Taste and adjust the seasoning, adding a pinch of salt and a crack of pepper if needed. Ladle the soup into bowls and top with sliced scallions and serve.

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