

Spicy Bamboo Shoot and Tofu Soup Recipe (Chinese Sichuan Spicy Soup Recipes)

Ingredients: Serves 4-6

1 cup (3 oz/90 g) fresh shiitake mushrooms
4-by-4-by-1½-inch (10-by-10-by-4-cm) block firm tofu
5 scallions, trimmed
⅓ cup (2 oz/60 g) each julienned chicken breast meat and julienned beef sirloin
½ cup (2 oz/60 g) julienned canned bamboo shoots
1 tablespoon canola oil
1 tablespoon peeled and minced fresh ginger
8 cups (64 fl oz/2 liters) low-sodium chicken broth
⅓ cup (3 fl oz/80 ml) black vinegar
2 tablespoons each Chinese rice wine and chili bean paste
1 tablespoon each dark soy sauce and Asian sesame oil
¼ teaspoon ground white pepper
3 tablespoons cornstarch (cornflour)
2 large eggs, beaten
¼ cup (1½ oz/45 g) English peas
3 tablespoons julienned smoked ham

Method:

Remove the stems from the mushrooms and discard. Cut the caps into fine julienne. Cut the tofu into fine julienne. Thinly slice the scallions, including the tender green parts, on the diagonal. Set aside. In a large pot over high heat, bring 2 qt (2 liters) water to a boil. Add the chicken, beef, bamboo shoots, mushrooms, and tofu and cook for 3 minutes. Drain and set aside. Rinse the pot, place over high heat, and heat the canola oil. Add 4 of the sliced scallions and the ginger and saute until fragrant, about 2 minutes. Stir in the tofu mixture along with the broth, vinegar, rice wine, chili bean paste, soy sauce, sesame oil, and white pepper. Bring to a boil and boil for 1 minute. Reduce the heat to low and simmer, uncovered, for 10 minutes to blend the flavors. In a small bowl, stir together the cornstarch and 6 tablespoons (3 fl oz/90 ml) water. Swirl the eggs into the gently simmering soup; they will form strands of cooked egg. (Do not allow the soup to boil, or the eggs will scramble). Slowly pour about half of the cornstarch mixture into the soup while stirring constantly. The soup will thicken slightly. Add more of the cornstarch mixture as desired for a thicker consistency. Ladle the soup into warmed bowls. Garnish with the peas, ham, and remaining sliced scallions, dividing evenly. Serve immediately.

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