

HOT AND SOUR SOUP



I love a good hot and sour soup. Julia Anne loves to remind me of the great soup we had one day when we were visiting a nice Chinese restaurant in Washington, DC. I broke out in a sweat it was so hot! I like my soup hot but not that hot!! This recipe is tasty and hot and if you want it hotter, just add more chili oil. Note: Julia Anne eats eggs, so this recipe includes them. For a vegan option just omit!

INGREDIENTS:

Dried mushrooms, I use shiitake, but you can use black mushrooms and cloud ears, or whatever you have available, around 8 (about 1 ounce) depending on the size.

8 cups of vegetable broth

½ block extra firm tofu, dried and cut into small cubes

½ cup bamboo shoots, cut in slivers

6 tablespoons rice wine vinegar

¼ soy sauce

1 tablespoon sesame oil

1 teaspoon hot chili oil

¾ teaspoon white pepper

1 teaspoon coconut sugar

3 tablespoons cornstarch mixed with ¼ cup water

1-2 eggs, slightly beaten (leave out for vegan option)

Chopped green onion and bean sprouts for garnish

DIRECTIONS:

- Soak dried mushrooms in hot water to cover for 30 minutes, chop mushrooms, get rid of the tough stems and reserve the liquid
- Heat vegetable broth and mushroom liquid and bring to slight boil
- Add the reserved mushrooms, tofu and mushrooms and cook for 3 minutes
- Mix in soy sauce, sesame oil, white pepper, chili oil and sugar and cook for 5 minutes
- Add rice vinegar
- Add cornstarch mixture and stir until soup thickens slightly
- Take the soup off heat and slowly drizzle in eggs, stir constantly
- Season with salt and extra chili oil if deserved
- Top with chopped scallions and bean sprouts

TIP-If you want more goodies in the soup, you can add fresh shiitake mushrooms when you heat the broth