

Hot and Sour Soup

Our neighbor, Tom Wesner, mentioned that hot and sour soup is one of his favorites. He came over and we made it together for both of our families. The original recipe is from Woks of Life. I couldn't find spicy tofu so I just used firm. When the original recipe gave a range of spiciness, I chose the low end.



Ingredients for pork

- 4 oz. pork tenderloin
- 1 pinch of salt
- 2 tsp. oil
- 1 tsp. cornstarch

Ingredients for soup

- 1 dried chili pepper
- 0.3 oz. dried lily flowers
- 0.3 oz. dried wood ear
- 0.3 oz. dried shitake
- 4 oz. bamboo shoots
- 7 oz. firm tofu
- 1 scallion
- 1/2 tsp. salt
- 1/4 tsp. sugar
- 1 tsp. white pepper
- 2 tsp. dark (mushroom) soy sauce
- 1 Tbs. soy sauce
- 1 tsp. toasted sesame oil
- 1/3 cup white vinegar
- 1/3 cup corn starch
- 1 egg

Equipment

- Dutch oven
- Strainer for skimming foam



Hot and Sour Soup:

<input checked="" type="checkbox"/>	Description	Time (min)
	In three separate bowls, add dried ingredients to a cup of boiling hot water.	60
	8 tsp. chicken bullion concentrate, dissolved in 8 cups hot water	2
	Cut pork into narrow, bite-size strips	2
	Soak pork in 1 Tbsp. water until absorbed	10
	To the pork, add a pinch of salt, 2 tsp. vegetable oil, and 1 tsp. cornstarch. Mix and set aside.	2
	Cut the dried chili in half lengthwise, discard the seeds, and then mince.	1
	Cut the Tofu and bamboo shoots into 2" x 1/4" strips	4
	Chop the wood ear and slice the shitake mushrooms	2
	Trim the tough ends from the lily flowers and cut in half	2
	Combine 8 tsp chicken bouillon with 8 cups of hot water	1
	Bring bouillon to a boil and then add the pork.	2
	Skim any foam that rises to the top	1
	Add 1/2 tsp. salt, 1/4 tsp. sugar, 1 tsp. white pepper, dried chili, 2 tsp. dark soy sauce, 1 Tbsp. soy sauce, and 1 tsp. sesame oil	2
	Add the lily flowers, wood ears, shitakes, and bamboo shoots	1
	Add the tofu and 1/3 cup white vinegar	1
	Combine 1/3 cup corn starch with 1/4 cup water	1
	In a small bowl, beat 1 egg	1
	Bring the soup to a boil and then slowly stir in the corn starch and water mixture to thicken	2
	Keep the soup simmering. Slowly add the beaten egg while stirring.	1
	Total: 1 hr. 37 min	