

# HOT & SOUR SOUP

Last Modified: 04/20/2018

PREP: 2 Hrs  
COOK: 30 Min  
STOVETOP

F MEDIUM

SOUP-ASIAN

**MAKES 6 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
0.3	Ounces	Dried Lilly Flowers Mushrooms	Rehydrated
0.3	Ounces	Dried Wood Ear Mushrooms	Rehydrated
0.3	Ounces	Dried Shitake Mushrooms	Rehydrated
3	Ounces	5 Spice Flavored Tofu (Nature's Soy)	Weighted
4	Ounces	Firm Tofu (House Foods)	Weighted
2+/-	Tbsp	Korean Chili Paste (Gochujang)	To Taste
1	8 Oz	Can Sliced Bamboo Shoots (La Choy)	Julienned
1	Large	Egg	Beaten
2	Stalks	Green Onion (Greens)	1/2" Slices
2	Stalks	Green Onion (Whites)	Thin Sliced
2	Quarts	Chicken Stock (Swanson)	
1/2	Tsp	Granulated Sugar	
1/4	Tsp	Sea Salt	
2	Tsp	White Pepper	
1	Tbsp	Mushroom Soy Sauce (Healthy Boy)	
2	Tsp	Naturally Brewed Soy Sauce (Kikkoman)	
1	Tsp	Sesame Oil (La Tourengelle)	
1/3	Cup	Distilled White Vinegar (Heinz)	
1/3	Cup	Cornstarch	Slurry
1/4	Cup	Cold Water	Slurry

## PORK & MARINADE

4	Ounces	Lean Pork Loin (Julienned)	2" Long Slivers
1	Pinch	Sea Salt	
1	Tbsp	Water	
2	Tsp	Vegetable Oil	
1	Tsp	Cornstarch	

## PREPARATION

<b>FACTOID</b>	Hot and Sour Soup can be found on any takeout menu or Asian buffet line in the US. This Hot and Sour Soup Recipe from the Jumbo Kingdom Floating Restaurant in Hong Kong is the best I've EVER had. I fished a VERY friendly waitress into getting a copy for me (BIG tip, even though there is no tipping). When you make it at home, you can control heat and sourness levels yourself. I'm crazy for Hot & Sour Soup. If you're like me, you'll add a tad more Vinegar to your bowl. If you like it hotter, cook in more Korean Chili Paste.
<b>TOOLS</b>	1) Large Stock Pot & Lid 2) 3 Small Mixing Bowls 2) Medium Mixing Bowl

# HOT & SOUR SOUP

<b>PREP</b>	<p><b>DISH</b></p> <ol style="list-style-type: none"> <li>1) Weight the Tofu Blocks and slice them into 2" L x 1/4" W strips. Store in slightly damp paper towels until ready to use.</li> <li>2) Rehydrate the Dried Mushrooms (See Below).</li> <li>3) Thinly slice the drained Shiitake Mushrooms and set them aside.</li> <li>4) Roughly chop the drained Wood Ear Mushrooms and add them on top of the Shiitake.</li> <li>5) Trim the tough ends off of the drained Lily Flowers, Slice them in half and add them on top of the Shiitake.</li> <li>6) Thinly slice the Green Onion Whites and set them aside.</li> <li>7) Coarsely chop the Green Onion Greens and set them aside.</li> <li>8) Drain the Bamboo Shoots, slice into very thin, long strips and set them aside.</li> </ol>
<b>HINTS</b>	<p><b>WEIGHTING TOFU:</b> The essence of pressing Tofu is to apply steady weight to squeeze out the moisture from the block. Be careful, though, not to apply too much weight or the Tofu will be crushed and you will be unable to cut it into slices or blocks.</p> <ol style="list-style-type: none"> <li>1) Place 3 layers of paper towels on a flat cutting board.</li> <li>2) Gently place the block of Tofu in the center of the paper towels.</li> <li>3) Center another layer of 3 paper towels on top of the block of Tofu.</li> <li>4) Center a SMALL, stiff cutting board on top of the top layer of paper towels.</li> <li>5) Place a weight onto the center of the cutting board. Your weight should be heavy enough to press down across the top of the Tofu, but not so heavy so as to cause the Tofu block to crumble. A large can of Soup is a perfect weight.</li> <li>6) Let the Tofu sit for 40 minutes. The weight will squeeze the moisture out of the block of Tofu, where it will be absorbed by the paper towels.</li> </ol> <p><b>NOTE:</b> If the paper towels become saturated, carefully replace them with fresh paper towels and continue pressing until the paper towels stop absorbing moisture.</p> <ol style="list-style-type: none"> <li>7) You can now proceed to cut the Tofu block into strips or cubes.</li> </ol>
<b>1</b>	<p><b>REHYDRATION:</b> In a small saucepan over high heat, bring 2 cups of water to a boil. In separate small mixing bowls, add in the dried Lilly Flowers, Wood Ear and Shiitake Mushrooms, Pour the boiling water over to cover, stir and let stand uncovered for 30 minutes.</p>
<b>2</b>	<p><b>TOFU:</b> Remove the moisture from both Tofu blocks according to Weighting Tofu above, about 40 minutes</p>
<b>3</b>	<p><b>PORK MARINADE:</b> In a medium mixing bowl add in the Julienned Pork and water, stir until the Pork has absorbed the water. Add in the Salt, Vegetable Oil and Cornstarch and stir until mixed well and the Salt has dissolved.</p>
<b>4</b>	<p><b>SOUP:</b> In a large stock pot over medium high heat, add in the Chicken Stock, heat until small bubbles begin to appear in the bottom of the pot and reduce the heat to low. Stir the Marinated Pork before adding it in. If it's stuck together, stir in a little water until the strips separate. Add in the Pork and QUICKLY break up any clumps that may form.</p>
<b>5</b>	<p><b>SOUP:</b> Once the Soup returns to a simmer, skim off and discard any foam that floats to the top until the Soup is ready to serve</p>
<b>6</b>	<p><b>SOUP:</b> Stir in the Salt, Sugar, Pepper, Soy Sauces and Sesame Oil.</p>
<b>7</b>	<p><b>SOUP:</b> Stir in the Bamboo Shoots, Lily Flowers, Wood Ear and Shiitake Mushrooms and return to a simmer..</p>
<b>8</b>	<p><b>SOUP:</b> GENTLY stir in the two Tofu's and Vinegar.</p>
<b>9</b>	<p><b>SLURRY:</b> In a small mixing bowl, thoroughly combine the Cornstarch and Water (Do NOT let the Cornstarch clump in the bottom). Add 2/3 of it in SLOWLY while stirring the Soup in a circle (Clockwise is LUCKY) with a soup ladle.</p>

## HOT & SOUR SOUP

<b>10</b>	<b>SOUP:</b> Return the mixture to a simmer while stirring. By now the Soup should be at a consistency you like (Coats the back of a spoon). If not, add in more Slurry.
<b>11</b>	<b>SOUP:</b> Taste, taste, taste. Adjust the seasonings. Stir in small amounts of Korean Chili Paste until your desired "heat" is attained. Adjust the Sourness by stirring in more Vinegar.
<b>12</b>	<b>SOUP:</b> Make certain the Soup is back at a simmer BEFORE adding in the beaten Egg. Get the Soup swirling (clockwise) again. SLOWLY drizzle the Egg into the swirling Soup.
<b>SERVE</b>	Ladle into soup bowls, sprinkle on Green Onion Greens and serve while hot with crispy Chinese Noodles on the side. Leftovers from this Soup reheats quite nicely in a microwave.

