



Recipe

Hot and Sour Chicken and Shiitake Mushroom Soup

Ingredients

Serves 4

15ml (1tbsp) groundnut oil
350gm (12oz) chicken breast, sliced
2.5cm (1in) piece of root ginger finely chopped
1 clove garlic, crushed
1 red chilli, finely chopped
100gms (4oz) Chinese leaf, shredded
300gms shiitake mushrooms or a mix of shiitake and oyster mushrooms
1 (200gm) can bamboo shoots, drained and sliced (optional)
750ml (1¼ pt) hot vegetable or chicken stock
30ml (2tbsp) Chinese cooking wine or dry sherry
30ml (2tbsp) light soy sauce
15ml (1tbsp) rice vinegar
30ml (2tbsp) corn flour mixed with
60ml/4tbsp cold water
1 spring onion sliced
1 small handful coriander chopped
1 lime, cut into wedges

Preparation method



- Heat a large wok or pan over a high heat and add the groundnut oil. Add the chicken and stir fry for 4-5 minutes until pale golden.
- Add the ginger, garlic and chilli and stir fry for a few seconds. Add the Chinese leaf and all the mushrooms and stir fry for 1 minute.
- Add the bamboo shoots (if using), hot stock, wine, soy sauce, rice vinegar and corn flour mixture. Bring to the boil and simmer for a further minute.
- Remove from the heat. Serve in your favorite bowls, garnished with the spring onion and coriander and wedges of lime on the side.

Cook's Tip: This recipe is also very successful as a vegetarian soup, substituting 100gm/4oz cashew nuts and 250gm/8oz bean sprouts for the chicken. Add the cashews at the same time as the mushrooms and the bean sprouts just as the stock comes to the boil.