

Chinese Hot-and-Sour Soup

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bamboo skewers canned sliced cut lengthwise into 1/8-inch-wide strips (from an 8-oz can)
- ☐ 5 ounces pork loin boneless cut into 1/4-inch-thick strips (2/3 cup)
- ☐ 2 tablespoons cilantro leaves fresh whole
- ☐ 1.5 tablespoons cornstarch
- ☐ 12 small ears corn dried
- ☐ 2 large eggs
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon soy sauce light

- ☐ 4 cups chicken broth reduced-sodium
- ☐ 4 small mushrooms dried black chinese
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 teaspoons sesame oil
- ☐ 2 teaspoons soya sauce dark
- ☐ 1.5 teaspoons sugar
- ☐ 3 oz tofu firm rinsed drained cut into 1/4-inch-thick strips (a quarter of a block)
- ☐ 1.5 teaspoons pepper white freshly ground
- ☐ 12 frangelico dried (sometimes called golden needles)
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Equipment

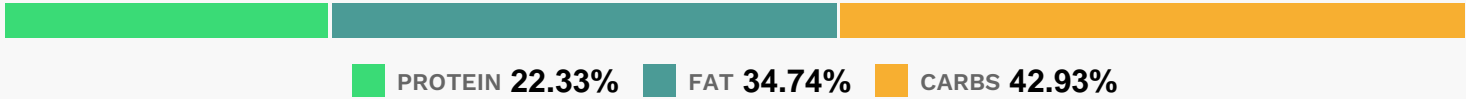
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ wok

Directions

- ☐ Toss pork with dark soy sauce in a bowl until pork is well coated.
- ☐ Soak black and tree ear mushrooms in 3 cups boiling-hot water in another bowl (water should cover mushrooms), turning over black mushrooms occasionally, until softened, about 30 minutes. (Tree ears will expand significantly.)
- ☐ Cut out and discard stems from black mushrooms, then squeeze excess liquid from caps into bowl and thinly slice caps.
- ☐ Remove tree ears from bowl, reserving liquid, and trim off any hard nubs. If large, cut tree ears into bite-size pieces. Stir together 1/4 cup mushroom-soaking liquid (discard remainder) with cornstarch in a small bowl and set aside.

- ☐ Meanwhile, soak lily buds in about 1 cup warm water until softened, about 20 minutes, then drain. Trim off tough tips of lily buds.
- ☐ Cut lily buds in half crosswise, then tear each half lengthwise into 2 or 3 shreds.
- ☐ Cover bamboo shoots with cold water by 2 inches in a small saucepan, then bring just to a boil (to remove bitterness) and drain in a sieve.
- ☐ Stir together vinegars, light soy sauce, sugar, and salt in another small bowl.
- ☐ Heat a wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact.
- ☐ Pour peanut oil down side of wok, then swirl oil, tilting wok to coat sides.
- ☐ Add pork and stir-fry until meat just changes color, about 1 minute, then add black mushrooms, tree ears, lily buds, and bamboo shoots and stir-fry 1 minute.
- ☐ Add broth and bring to a boil, then add tofu. Return to a boil and add vinegar mixture. Stir cornstarch mixture, then add to broth and return to a boil, stirring. (Liquid will thicken.) Reduce heat to moderate and simmer 1 minute.
- ☐ Beat eggs with a fork and add a few drops of sesame oil.
- ☐ Add eggs to soup in a thin stream, stirring slowly in one direction with a spoon. Stir in white pepper, then drizzle in remaining sesame oil and divide among 6 to 8 bowls.
- ☐ Sprinkle with scallions and cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:0.92, Inflammation Score:-6, Nutrition Score:14.062608781068%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 293.09kcal (14.65%), Fat: 12.18g (18.74%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 30.35g (11.04%), Sugar: 10.95g (12.17%), Cholesterol: 76.88mg (25.63%), Sodium: 774.11mg (33.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Vitamin B3: 6.58mg (32.89%), Phosphorus: 281.23mg (28.12%), Vitamin B1: 0.35mg (23.37%), Potassium: 691.53mg (19.76%), Vitamin B6: 0.39mg (19.71%), Selenium: 13.38µg (19.11%), Folate: 72.98µg (18.24%), Magnesium: 68.05mg (17.01%), Vitamin B2: 0.29mg

(16.95%), Manganese: 0.32mg (16.24%), Vitamin B5: 1.61mg (16.11%), Fiber: 3.52g (14.08%), Vitamin C: 10.75mg (13.03%), Copper: 0.24mg (11.79%), Iron: 2.01mg (11.19%), Zinc: 1.63mg (10.84%), Vitamin A: 393.59IU (7.87%), Vitamin E: 1.15mg (7.69%), Vitamin B12: 0.43µg (7.15%), Vitamin K: 5.26µg (5.01%), Calcium: 43.42mg (4.34%), Vitamin D: 0.44µg (2.94%)