



CHICKEN AND SWEET CORN SOUP

serves 6 as an entrée or 4 as a meal

INGREDIENTS

200g chicken thighs
½ teaspoon sesame oil
1 tablespoon rice bran oil
2 tablespoons light soy sauce
2 tablespoons salt free cooking wine
1 spring onion and
1cm sliced ginger (for steaming with chicken)

4 cobs sweet corn (or 1 can creamed corn)
rice bran oil for frying
½ onion, diced
1cm ginger, chopped
4 cloves garlic, chopped
pinch salt
½ cup Shoa Hsing wine (Chinese cooking wine)
1½ litres chicken stock

2 tablespoons light soy sauce
2 egg whites, beaten with a little salt
2 spring onions, greens sliced
pinch of white pepper
2 tablespoons cornflour, mixed with a little water to form a smooth paste

METHOD

Toss the chicken pieces in a mixture of sesame oil, rice bran oil, cooking wine and soy sauce and place each piece in a steamer on top of slices of ginger and spring onion. Steam about 5 minutes, stopping the cooking early as it will finish cooking in the bowl, and then cut across the grain. The chicken can be cut to the size you like or shredded.

Remove kernels from the corn. Heat oil and sauté onion, ginger and garlic for a few minutes. Add wine and cook for a few minutes. Add stock and corn and a pinch of salt and simmer for about half hour. Depending on the texture you like, you can leave this chunky or stab blend it to the consistency you like. Taste for seasoning, adding soy sauce if it needs more salt and adding more stock if you need to. Add cornflour water stirring constantly until a thick but not gluggy consistency is achieved (consistency should be like a pureed soup... fairly thick) return to heat to cook out the starch a minute or two longer. You just want to get a bit of body, not jelly!

Remove from the heat, and immediately add the pepper and the chicken and then in a constant stream slowly pour in the beaten egg white while stirring the soup with a fork or chopstick. It will cool instantly and form egg threads.

Serve in a bowl with sliced spring onion greens and white pepper.

FROM THE MARKET

Sweet corn, Garlic — Patlin Gardens
Spring onions and Onions — Virgaras Garden
Chicken — Hillsview Butcher

EQUIPMENT

knife
chopping board
steamer
measuring spoons
vegetable peeler
bowls
saucepan
stick blender
wooden spoon
chopsticks or fork
soup ladle