

CHICKEN & CORN SOUP

INGREDIENTS

8 cups good-quality chicken stock or vegetable stock, divided
3 cups diced or shredded cooked chicken breasts*
2 teaspoons ground ginger
1/2 teaspoon garlic powder
4 green onions, thinly sliced with the white and green parts divided
2 medium carrots, finely diced
1 (15-ounce) can whole kernel corn
1 (15 ounce) can creamed corn (or see alternative below**)
1/4 cup cornstarch
6 large eggs, whisked
1 teaspoon toasted sesame oil
sea salt and freshly-cracked black pepper

METHOD

Step 1

In a large stockpot, stir together 7 cups stock, chicken, ginger, garlic powder, the white parts of the green onions, carrots, whole kernel corn and creamed corn until combined. Heat over medium heat until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 10 minutes, or until the carrots have softened.

Step 2:

In a separate bowl, whisk together the remaining 1 cup stock and cornstarch until combined. Stir the mixture into the soup and cook for 1 minute, or until the soup has thickened.

Step 3:

Using a spoon, begin to swirl the soup slowly in a continuous motion. Then while you are still swirling the soup, drizzle the eggs into the soup in a steady stream. The hot broth will instantly cook the eggs, and they will form those beautiful egg ribbons.

Step 4:

Add in the toasted sesame oil, and stir to combine. Then taste the soup, and season with salt and pepper as needed.

Serve warm, sprinkled with the remaining green parts of the green onions.