

October 10, 1995

## Winter Melon Soup (Doong Gwah Tong)

1 lb. chicken thighs or 1 whole chicken breast  
1/2 lb. winter melon  
5 cups chicken stock  
1 cup cubed (1/2") Chayote squash  
1/2 cup sliced fresh or canned mushrooms

Seasoning:        1 tsp. salt  
                     1/2 tsp. sugar  
                     1/2 tsp. thin soy sauce  
                     1 tsp. cornstarch

Thickener: 1 tbsp. cornstarch mixed well with 2 tbsp. cold  
water  
1 tsp. dark soy sauce

1. Skin and bone chicken. Cut meat into 1/2" cubes. Place in a bowl.
2. Add seasoning ingredients to chicken. Mix well.
3. Remove skin from winter melon. Cut pulp into 1/2" cubes.
4. Bring chicken stock to a boil. Add winter melon and chicken cubes. Cover and cook for 10 minutes over high heat.
5. Add Chayote squash and mushrooms. Cover and cook for 2 minutes over high heat.
6. Stir in thickener. Cook for 30 seconds. Serve.

Advance Preparation: The entire recipe can be completed several hours ahead and kept at room temperature. Reheat just before serving.

Note: This is a simplified winter melon soup. The traditional soup is made by simmering all of the ingredients in a whole winter melon for 3 to 4 hours. The resulting dish is a flavorful blend of the melon essence and the vegetables and meat.

Serves 5

This recipe is based on winter melon soup recipe in Chopsticks, Cleaver, and Wok: Homestyle Chinese Cooking by Jennie Low (Chronicle Books, San Francisco, c1987).