

## EGG FLOWER SOUP

(Gai Don Tong)

1. Chop flank steak with a cleaver until it is the consistency of ground beef. (This step may be done in a food processor.) Place in a bowl.
2. Add seasoning ingredients to beef. Mix well.
3. If using snow peas, remove tips. Finely sliver the snow peas.
4. Combine thickener ingredients and set aside.
5. Bring chicken stock to a boil.
6. Add beef and stir to separate meat into small pieces. Add peas. Cover and cook for 2 minutes.
7. Stir in thickener. Cook for 30 seconds.
8. Stir beaten eggs into soup in a circular motion. Immediately turn off heat.
9. Garnish with green onion and serve at once.

*Advance preparation:* Steps 1–5 may be completed a few hours in advance and kept at room temperature. Reheat and proceed from step 6.

*1/2 lb. flank steak*  
*1/2 c. fresh or defrosted frozen peas, or*  
*15 snow peas*  
*1 qt. chicken stock*  
*2 eggs, lightly beaten*  
*1 green onion, finely chopped*

### Seasoning:

*1/4 tsp. salt*  
*1/4 tsp. sugar*  
*1 tsp. thin soy sauce*  
*1 tsp. cornstarch*

### Thickener:

*1 tbsp. cornstarch, mixed well with 1*  
*tbsp. cold water*  
*2 tsp. dark soy sauce*  
*1 tsp. sesame oil*

Serves 4

*Chopsticks, Cleaver,*  
*and Wok: Homestyle Chinese*  
*Cooking, by Jennie Low,*  
*Chronicle Books, San Francisco,*  
*c1987*