

CHICKEN MEATBALL SOUP

(Gai Kau Tong)

1. Skin and bone chicken. Mince chicken meat with a cleaver. (A food processor may be used for this step.) You should have about $\frac{3}{4}$ c. Place in a bowl.
2. Add seasoning ingredients to chicken. Mix well.
3. Form chicken mixture into balls approximately $1\frac{1}{4}$ " in diameter. (This amount should make about 14.)
4. Bring chicken stock to a boil in wok. Add chicken meatballs, cover, and cook for 2 minutes over high heat.
5. Add peas and cook for 1 minute.
6. Stir beaten egg into soup in a circular motion. Serve immediately.

Advance preparation: Steps 1–3 may be completed a few hours in advance and kept at room temperature.

Variation: This recipe can be varied by using $\frac{3}{4}$ c. ground lean pork or minced prawns in place of the chicken.

Can use chicken thighs!
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$\frac{1}{2}$ lb. chicken breast
1 qt. chicken stock
 $\frac{3}{4}$ c. fresh or defrosted frozen peas
1 egg, lightly beaten

Seasoning:

$\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. thin soy sauce
1 tsp. cornstarch
dash of pepper

Serves 4

~~Wok = Homestyle~~
Chopsticks, Cleaver, and
Wok = Homestyle
Chinese Cooking,
by Jennie Lou,
Chronicle Books,
San Francisco,
c1987.