

CHICKEN CORN SOUP

(Sook Mai Gai Tong)

1 whole chicken breast, or 1 lb. chicken thighs

1/4 lb. fresh mushrooms

2 tbsp. oil

1 qt. chicken stock

1 can (8 oz.) creamed corn

2 large eggs, lightly beaten

1 green onion, finely chopped

1/4 c. finely chopped cooked ham

Seasoning:

1/2 tsp. salt

1/2 tsp. sugar

1 tsp. thin soy sauce

2 tsp. white wine

2 tsp. cornstarch

Thickener:

2 tbsp. cornstarch, mixed well with

3 tbsp. cold water

2 tsp. dark soy sauce

1 tbsp. sesame oil

Serves 5

1. Skin and bone chicken. Mince meat with a cleaver. It should have the texture of ground beef. (A food processor may be used for this step.) Place in a bowl.
2. Add seasoning ingredients to the chicken. Mix well.
3. Finely chop mushrooms.
4. Combine thickener ingredients and set aside.
5. Heat wok and add oil. Add chicken and stir-fry for 1 minute over high heat, breaking the meat apart as it cooks.
6. Add chicken stock, creamed corn, and mushrooms. Bring to a boil, cover, and cook for 1 minute.
7. Stir in thickener. Cook for 30 seconds.
8. Stir beaten eggs into soup in a circular motion. Immediately turn off heat. Garnish with green onion and ham. Serve.

Advance preparation: Steps 1–6 may be done a few hours ahead and kept at room temperature.

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