

EGG DROP SOUP

I know this sounds reeeally bleh, to Westerners, but this soup was actually REALLY REALLY GOOD.

I'm going to be up front and say the thought of making and eating this soup totally grossed me out, because... swirly eggs. But seriously, I was completely and pleasantly surprised and how much I really liked it. The broth is ULTRA flavorful and the added creaminess of the delicate eggs really gave this soup a deep, rich flavor. Best part? The entire thing was done, from start to finish, in 15 minutes. It was an amazingly simple soup, but had a huge amount of flavor. Along with a wonderful, silky smooth texture.

Servings Info.:

Yields: 5 cups
Servings: 4
Serving Size: 1-1/4 cup



- last checked 12/09/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

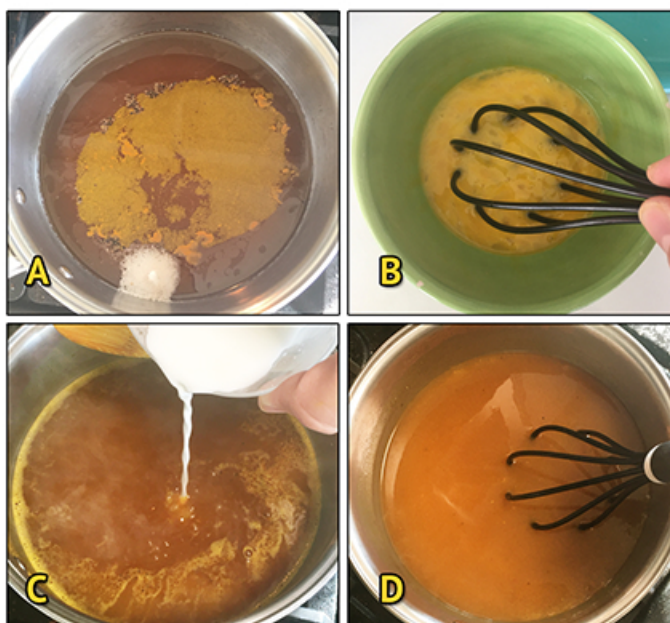
Broth:

- 4-1/4 cups fat free chicken broth
- 1 tsp sesame oil
- 3/4 tsp salt
- 1/8 tsp pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 3/4 tsp ground turmeric (see notes)
- 1/4 tsp fish sauce (yes... I'm serious... see the notes)

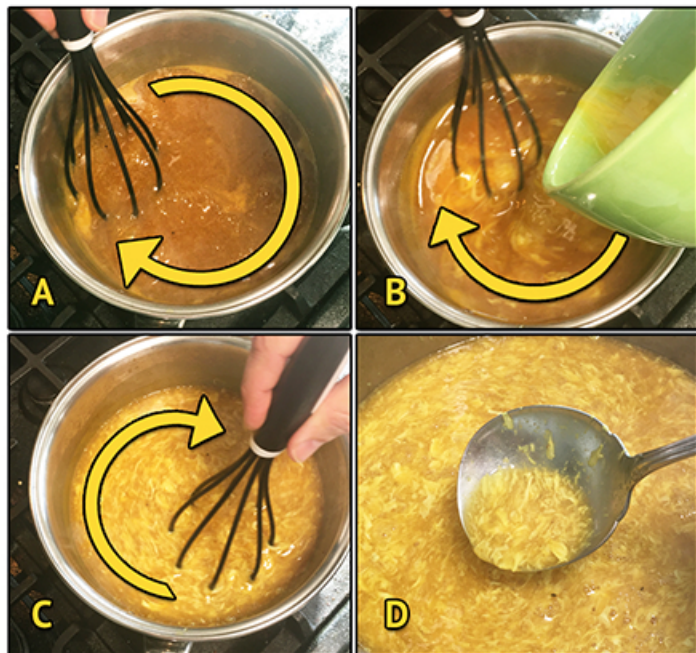
Additional Ingredients:

- 3-1/2 Tbsp cornstarch, dissolved with 1/4 cup water
- 3 large eggs, lightly beaten/whisked, in a bowl
- Thin sliced green onions, for garnish

Directions:



1. **(A)** Heat all of the 'Broth' ingredients together in a medium pot, over medium-high heat. **(B)** While the broth's heating, lightly beat the eggs together in a bowl. Set aside. In a separate cup, stir together the cornstarch and water, till dissolved. Set aside. **(C)** When the broth reaches a simmer, add the cornstarch mixture and begin stirring/whisking immediately, to avoid any lumps. **(D)** After about 1 minute, the sauce should be thickened to the consistency of warm gravy. Reduce heat to medium-low. Continue cooking for 2 minutes..



2. **(A)** Use a whisk and begin stirring the simmering broth in a circular motion. **(B)** Once the soup is spinnin', slowly begin pouring in the beaten eggs. Drizzle the eggs into the center at a semi-slow speed, just like you're pouring syrup onto pancakes. While you're pouring in the eggs, continue stirring with the whisk, in the same circular motion. **(C)** Your goal is to continuously break down the silky, feathery tendrils of raw egg, (while continuing to stir in the circular motion) to create fine little delicate particles. **(D)** Continue cooking for 2 more minutes. Remove pot from heat and let rest for 5-10 minutes before serving, letting it cool a bit. Garnish with thin sliced green onion.

NOTES & SUGGESTIONS:

- **TURMERIC?:** The turmeric adds an earthy flavor as well as giving the soup a rich, golden color.
- **FISH SAUCE? WHAT?!?!?:** Yup, you aren't reading that wrong. When I was looking up recipes for Egg Drop soup, I of course found countless recipes which were simply just broth, cornstarch and eggs. Boom, done. Might as well just boil some vegetables in water and call it soup, while we're at it. Later, I started finding recipes for it from Chinese restaurants. One thing they all had in common was the addition of "MSG", which is a very common additive in Chinese restaurants. "MSG" is a very fine chemical powder that imparts INTENSE savoriness, or 'Umami', into Chinese food.
So, I started looking for alternatives to MSG. There were suggestions on cooking sites, to use added soy sauce, but that would make the soup darker, so that was a no-go. Dried and powdered mushrooms can also be added. Umm, no. I'm not going to make you go buy dried mushrooms, just so you can grind them up for this one single soup. So, I realized that a tiny amount of 'fish sauce' would do the same thing. It's used in Vietnamese and Thai cooking to impart a TON of umami, so... I thought I'd give it a try. Guess what... it works great. It added a tremendous pop of richness, with just that tiny little 1/4 tsp.
- **BROTH:** If you leave out the eggs from this recipe, you end up with an incredibly delicious broth. You can make and serve the broth, without the eggs, for a delicious and simple soup course.

