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YIELD: 3 PEOPLE

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Hot and sour soup

Hot and sour soup 酸辣湯 is a traditional northern Chinese favorite packed with the acidity of Zhenjiang vinegar, the spiciness of the white pepper and the nuttiness of sesame oil.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	10 minutes	25 minutes



Ingredients

Ingredient (A)

- 100 g pork loin
- 1 teaspoon light soy sauce
- 1/2 teaspoon vegetable oil
- 1/4 teaspoon corn starch

Ingredients (B)

- 1 tablespoon bamboo shoot
- 2 Chinese dried mushrooms, , medium size (or 1 large size)
- 1 piece wood ear fungus, , about 10 of dry weight
- 30 g carrots, cut into fine julienne
- 3 slices ginger
- 150 grams tofu, , medium firm
- 600 ml water, , or use chicken stock

Ingredients (C)

- 1 teaspoon dark soy sauce
- 1 1/2 tablespoon chili bean sauce
- 2 teaspoons salt
- 1/2 teaspoon sugar

Ingredients (D)

- 2 1/2 tablespoons corn starch
- 1 tablespoon water
- 1 egg, , beaten

Ingredients(E)

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- 1 1/2 tablespoon Chinese vinegar
- 2 teaspoons ground white pepper [Read more \(https://tasteasianfood.com/private-policy/\)](https://tasteasianfood.com/private-policy/)
- 1 teaspoon sesame oil
- Chopped coriander to garnish

Instructions

(Ingredient A) Cut the pork loin into fine julienne. Marinate with the light soy sauce, vegetable oil, and cornstarch for 15 minutes.

(Ingredients B) Soak the dry mushrooms and wood ear fungus until they are soft and fully hydrated. Cut them into fine julienne. Cut three slices of ginger and set aside. Cut the carrots into julienne. Cut the tofu into strips.

Bring the water to a boil. Cook the meat for half a minute. Then add the remaining ingredients in (B) into the pot and boil for two minutes.

Add ingredients (C) to the above.

(Ingredients D) Thicken the soup with the cornstarch slurry (corn starch mix with water), Then follow by adding the beaten egg.

Remove from heat. Add ingredients in (E). Mix well and serve.

Nutrition Information: YIELD: 3 SERVING SIZE: 3 servings

Amount Per Serving: CALORIES: 300 TOTAL FAT: 12g SATURATED FAT: 3g TRANS FAT: 0g

UNSATURATED FAT: 8g CHOLESTEROL: 92mg SODIUM: 2055mg CARBOHYDRATES: 29g FIBER: 4g SUGAR: 6g

PROTEIN: 21g

This data was provided and calculated by Nutritionix on 5/23/2019

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CUISINE: Chinese / CATEGORY: Soup

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