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EPISODE 18 - CHICKEN AND SWEET CORN SOUP

Ingredients for 8 serves:

1200 mL chicken stock
2 x 330 g cans of sweet corn
300 g chicken breast
150 g boiled ham
2 eggs
4 - 5 spring onions
8 shiitake mushrooms
2 tbsp light soy sauce
2 tbsp sesame oil
2 tbsp brown sugar
1 tbsp grated ginger
3 tbsp corn flour

Method:

Place the chicken breast into the stock and bring to a boil
Reduce the heat and simmer for about 10 to 12 minutes
Slice the ham into fine strips
Chop the white bits of the spring onion
Remove the chicken from the stock and set aside to cool
Slice some of the green bits of the spring onions relatively finely and diagonally and put aside to be used as garnish later
Remove the stems of the mushrooms and slice finely
Beat the eggs
Finely chop the chicken
Add some cold water to the corn flour and stir well
Add all ingredients except the sesame oil, eggs and corn flour to the soup
Heat but do not boil
Slowly drizzle the eggs into the soup while stirring
Then slowly add the corn flour mixture while stirring continuously and bring to the boil
Finally add the sesame oil and stir till it is no longer visible
Garnish with the spring onions and enjoy