

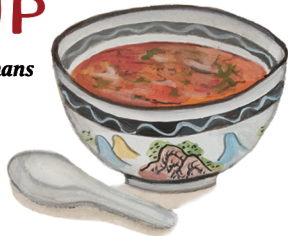
# HOT AND SOUR SOUP

Courtesy of Michelle Tam, author of *Nom Nom Paleo: Food for Humans*

YIELD 6 servings

PREP 10 min

COOK TIME 30 min



## INGREDIENTS

- 1 tablespoon avocado oil or ghee
- 1 large leek julienned, white and light green parts only
- ¼ pound fresh shiitake mushrooms thinly sliced
- 1 pound pork shoulder sirloin roast, or tenderloin, cut into thin matchsticks
- 2 tablespoons coconut aminos
- 2 garlic cloves minced
- 1 tablespoon minced ginger
- 1 can (8 ounces) sliced bamboo shoots rinsed and drained
- 6 cups Instant Pot Bone Broth or chicken broth, divided
- 1½ tablespoons arrowroot powder
- 2 large eggs beaten
- ¼ cup rice vinegar
- 1 teaspoon toasted sesame oil
- ½ teaspoon ground white pepper
- Diamond Crystal kosher salt
- 2 scallions sliced on the bias

## INSTRUCTIONS

1. Heat a large saucepan over medium-high heat. When the pot is hot, swirl in the avocado oil or ghee. Toss in the leeks and shiitake mushrooms.
2. Cook, stirring for 2 minutes or until the leeks and mushrooms have cooked down, Add the pork and stir-fry until no longer pink.
3. Stir in the coconut aminos, garlic, and ginger and cook for about 30 seconds or until fragrant. Toss in the bamboo shoots.
4. Measure out and set aside ½ cup of the broth. Pour the rest of the broth into the saucepan and bring to a boil over high heat. Once the soup is boiling, turn down the heat to medium or lower to maintain a simmer.
5. Whisk the arrowroot powder into the reserved broth to make a slurry.
6. In a slow and steady stream, pour the arrowroot slurry into the pot while briskly stirring to thicken the soup. (Note: If arrowroot is overheated, it can break down, so turn off the heat as soon as the soup thickens.)
7. Remove the pot from the heat. Slowly pour in the beaten eggs while stirring.
8. Stir in the rice vinegar, sesame oil, and white pepper. Season to taste with salt, and adjust with vinegar or white pepper if desired.
9. Ladle the soup into serving bowls and garnish with scallions. Serve immediately!



*"There is a restaurant called the Hu Ji Shop in the middle of Zhengzhou," Qian said. "Go there and get me some of their Hot Soup. The owner, Hu Ji, should be able to make it for you."*

*The attendant nodded but was puzzled. "How do you know of this place? And of this soup?"*

Read the whole story of Hot and Sour soup in *Chinese Menu: The History, Myths, and Legends Behind Your Favorite Foods*