

Fast Soups

- Miso Soup (Ellen)
- Egg Drop Soup (Hot & Sour)
- Egg Drop Soup (Pure)

Miso Soup (Ellen)

Source: Ellen (Sumire) Iida

Recipe for Miso Soup

1. Dashi (The Stock)

- Get a big pot of water, and put in a piece of Kombu (Kelp, *Laminaria* spp.) Bring to a boil. Remove kelp.
- If you have Katsuobushi (dried bonito shavings) put it in now. Bring to boil again, then remove with a sieve.
- If you can't find katsuobushi or are making vegetarian miso soup, you can use dried shiitake mushrooms - put it in with the Kombu.
- Gu (The Vegetables)
Choose from few listed, or whatever you have on hand!
- root vegetables: you can put them in as soon as dashi is done, or with dashi if you are just using Kombu & shiitake. (it is harder to sieve out katsuobushi with gu in)

ex. daikon or other radish, gobō (burdock root), carrots(?)

- Other vegetables: put in as soon as roots start to cook, or right after dashi

ex. onions, snap peas, leeks, cabbage, eggplants (←really tasty) etc.

- Quick cook vegetables: put in right before miso, or even after.

ex. mushrooms, tofu, wakame (*Undaria pinnatifida*), leaf veg. such as spinach, chives.

3. O-miso

- Put a chunk of miso in a ladle, and using the soup water, dissolve the miso in the ladle, using chopsticks. Try not to drop the miso directly in the soup if you do not want miso chunks floating in your soup.
- Do not overcook after adding miso. simmer if needed but to a dot boil
- Enjoy! Don't forget to say "*Itadakimas!*" to the vegetables and minerals and the people who made the food 😊

Egg Drop Soup (Hot & Sour)

Source: *College Cookbook*

Modified By: *Michael D'Attilo*

Vegetable oil (*for frying, sesame preferred*)

2 tbsp minced ginger

1 tbsp chili garlic sauce

1 1/2 tsp red chili paste

2 tsp fish sauce

(optional: 1 tsp minced garlic)

4 cups chicken broth, soft vegetable broth or dashi

1/3 bunch scallions, chopped

6-8 Mushrooms, sliced or diced (*Use the best you can get; shiitake > bella > white*)

2 tsp toasted sesame oil

2 scallions, neatly sliced

4 eggs

(optional or substitution: Short, thin egg noodles)

Cook minced ginger, chili garlic sauce, chili paste, fish sauce, and sesame oil in oil for about 1 minute, stirring constantly.

Add vegetable broth, scallions, mushrooms, and sesame oil and bring to a boil. Simmer until mushrooms are cooked through (1-2 minutes if heated with the soup)

Break all eggs into a bowl and lightly whisk together with a fork. With soup at a low simmer, slowly pour eggs into the pot with one hand while mixing them as they enter the broth with the other. Once eggs are added, cook for 30 more seconds and remove from heat.

Egg Drop Soup (Pure)

Source: *Allrecipes*

Modified By: *Michael D'Attilo*

2 cups chicken broth (or soft vegetable broth)

1/2 tsp soy sauce

1/2 tsp toasted sesame oil

2 eggs

1/4 tsp salt

1/4 tsp white or black pepper (scant)

(optional)

2 tsp cornstarch

2 tsp water

(optional)

2 tsp minced chives or scallions

In a small saucepan, combine the chicken broth, soy sauce and sesame oil over medium heat. Whisk eggs together with salt and pepper; set aside.

Bring broth to a boil. Stir together the cornstarch and water to dissolve cornstarch; pour into the boiling broth. Remove from heat.

Stir gently while you pour in the egg into pot. Season with chives, salt and pepper before serving.