

CHICKEN AND WOOD EAR MUSHROOM SOUP

Requires 30 minutes to make. Serves 4 adults.



Ingredients

4 chicken thigh fillets	2 tsp. peanut oil
1 oz. fresh ginger, shredded	4 C. Chicken Stock (or vegetable)
1/4 C. shaoxing wine (or cooking sherry)	2 1/2 T. soy sauce
1/4 tsp. crushed white peppercorns	1/4 lb. fresh Wood Ear mushrooms
1 garlic scape (or garlic chives), thinly sliced diagonally	

Directions

Wash Wood Ear mushrooms carefully. (If they are a little dry, you can soak them in warm water for a few minutes.) With a small paring knife remove the small tough root from where the mushroom grew, and slice larger mushrooms to size. Wash & slice the ginger, and garlic scapes.

Bring a medium saucepan of salted water to the boil. Add chicken and bring back to boil. Remove from heat. Drain and set aside for 5 minutes to cool slightly. Pat chicken with paper towel to remove excess moisture. Thinly slice widthwise.

Heat oil in a medium saucepan or wok over high heat. Add ginger and chicken, and cook, stirring, for 2 minutes or until fragrant. Add chicken stock, wine, soy sauce and

white peppercorns. Bring to the boil. Add mushrooms and garlic scape. Cook for 2 minutes and remove from heat. Ladle evenly among four serving bowls and serve.

Notes:

For vegetarian dish, substitute Tofu or Puffball mushrooms rather than chicken. You do not need to par-boil. Just slice and add them with the garlic scapes. Also, use vegetable stock rather than chicken stock.



Wood Ear mushroom is known to contain anticoagulant substances that act like blood thinners creating effects similar to that of aspirin. If you are taking aspirin or other blood thinners, please consult your doctor before ingesting this mushroom.

Credit: Recipe by Lisa Featherby

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2AngelsMushrooms.com