

HOT AND SOUR SOUP WITH CAULIFLOWER MUSHROOMS

Serves 8 adults

2-4 lbs. fresh Cauliflower mushrooms

16 oz. kimchi

½ cup peas

20 oz. can crushed pineapple

32 oz. chicken or vegetable broth

1 egg, well beaten

Chili paste, black pepper, garlic powder, ginger and soy sauce to taste



Directions

Wash the mushroom very well looking for any bugs (they love this mushroom). If it is particularly buggy, try soaking in some salt water to drive them out. Cut the mushroom into Cauliflower-like chunks. Combine ingredients (except egg) in a pot and bring to a boil. Add beaten egg slowly to the boiling soup while stirring. Reduce heat to low, cover and allow to simmer overnight. A crock pot works well for this.

Credit: Loni at Fungi Perfecti