

More than 1 hour

Serves 4

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Ingredients:

Stock

- 7 cups (1.75L) water
- 1 onion, peeled and chopped
- 4 carrots, peeled and chopped
- 3 sticks celery, chopped
- 3 bay leaves
- 6 peppercorns
- Bones of 4 chicken breasts

Soup

- 5 cups (1.25L) prepared chicken stock
- 1 Tbsp (15ml) cornflour
- ½ tsp (3ml) ground ginger
- 2 eggs
- 3 egg whites
- 1 can (400g) corn kernels, rinsed and drained
- 2 spring onions, sliced
- A few drops soy sauce
- Salt and milled pepper

Method:

1. Combine stock ingredients in a pot and bring to a boil.
2. Reduce to a simmer and cook for 40-50 minutes to reduce the mixture by one-third, skimming any foam off the top.
3. Sieve stock and discard solids.
4. Reheat stock in a clean pot.
5. Mix 2 Tbsp (30ml) stock in a cup with cornflour and ginger until smooth.

6. Whisk cornflour mixture into stock and bring to a boil.
7. Whisk eggs and egg whites together.
8. Fold egg mixture into boiling stock and whisk vigorously.
9. Stir in corn, spring onion and soy sauce.
10. Season to taste.
11. Ladle into bowls and serve.