

Chicken & Corn Soup

Preparation : 10 minute
Cooking Time : 10 minutes
Serves : 4

The art of Chinese cooking is in the preparation of the food ingredients prior to your final cooking and ensuring you have these set aside and in close proximity to your wok and stove.

INGREDIENTS

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| <ul style="list-style-type: none">• 3 cups chicken stock• 2 tbsp creamed corn• 1 tbsp carnation milk• 2 finely chopped spring onions• 1 egg white• 1/2 tsp sesame oil• 1 clove garlic minced• 1 tbsp freshly grated ginger | <ul style="list-style-type: none">• 2 tbsp rice wine or sweet sherry• 1 cup water• 0.5 cup uncooked chicken breast meat• 1 tbsp cornstarch• 1 tbsp peanut oil• 1 tbsp cornstarch for marinade |
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METHOD

1. Rinse chicken and pat dry. Slice crosswise into 1/8-inch thick strips. Combine with rice wine, 1/2 tsp sesame oil, and 1 tbsp cornstarch in a small bowl. Leave 1 hour
2. Heat wok until hot, add oil, garlic, ginger and chicken and stir fry 2 minutes
3. Add chicken stock and water
4. Stir until heated and add creamed corn, carnation milk and cornstarch to thicken.
5. Beat egg white and drizzle into soup whilst stirring
6. Serve and add finely chopped spring onions

ACKNOWLEDGEMENTS

Recipe with the compliments of Ray from the Chinese Kitchen Restaurant Riverton Western Australia.