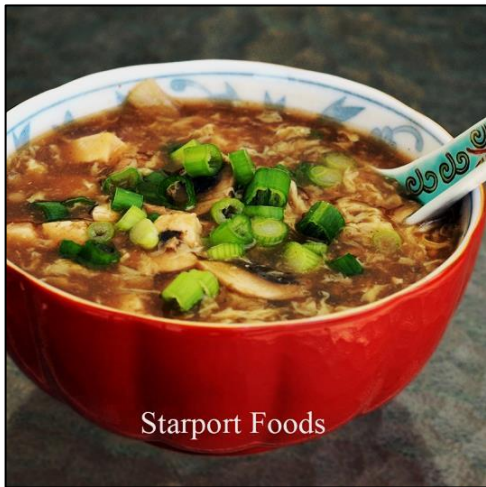




Hunan Hot and Sour Soup Gluten Free



Ingredients: Family Serving

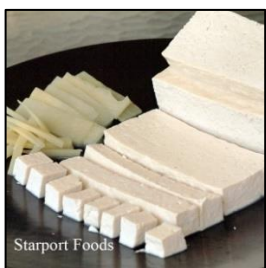
- ½ C. **Hot and Sour Soup Concentrate** (Starport 464 Gluten Free)
- 5 C. Water
- 6 oz. *Pork strips, marinated, 1/8"x1/8"x 1"
- 2 oz. Mushrooms, sliced (Shiitake or white)
- 4 oz. Tofu, firm, drained and diced ¼"
- 3 oz. Bamboo shoots, sliced 1/8" match sticks
- 1 ea. Egg, raw, slightly beaten
- 1½ Tbsp. Cornstarch mixed with 1½ Tbsp. water
- ½ Tbsp. **Marinade Seasoning** (Starport356)
- ½ Tbsp. Water for marinade
- 1½ Tbsp. Oil, ½ Tbsp. for marinade, 1 Tbsp. for sautéing
- ½ C. Green onions, chopped for garnish (2 oz.)

*Pork may be substituted with ground meat, chicken, shrimp, and imitation or fresh crabmeat.
For **vegetarian version**: Omit meat, crabmeat and egg and add more tofu or mushrooms.



Instructions

1. Marinate sliced pork with ½ Tbsp. of **Marinade Seasoning**, ½ Tbsp. water and ½ Tbsp. oil and set aside.
2. Dice firm tofu to ¼" cubes. (Cut tofu slab into eight ¼" slices. Cut each slice into three lengthwise strips. Cut each strip into eight cubes.)
3. Slice mushrooms, and cut bamboo shoots into matchsticks.
4. Slightly beat egg and set aside.
5. Mix 1½ Tbsp. cornstarch with 1 ½ Tbsp. water and set aside.
6. Measure 5 C. water and set aside.
7. Heat wok or large pot on medium high heat, add oil then pork strips and sauté about three minutes, then add in 5 C. water, stir and bring to a boil.
8. Add in sliced mushrooms, diced tofu and bamboo shoots, stir gently and cook until boiling.
9. Stir cornstarch mixture and slowly add into pot, stirring constantly.
10. Slowly pour in egg into soup in a stream. Gently stir soup in one direction when egg forms into a cloud. (Stirring while adding in scrambled egg will break up the eggs too much and make the soup cloudy).
11. Add in the **Hot and Sour Soup Concentrate** and remove from heat as soon as the soup comes to a boil. (Over-cooking **Hot and Sour Soup Concentrate** soup reduces the sourness of the vinegar).
12. Option: more water may be added to soup to adjust desired hot and sour flavor.
13. Garnish with green onions and serve.



Wood Ear & Lily Bud



Optional: For authentic Hunan style, add in 1 oz. of shredded rehydrated wood ear mushrooms, 1 oz. of rehydrated lily buds and use Shiitake mushrooms instead of white mushrooms.

Pork Marinade:

1. To Marinate: For 10 lbs. sliced or cubed pork, add 0.4 lb. (1C.) **Marinade Seasoning** (Starport 356), 1¼ C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.