



# Egg Drop Soup

**Season:** All

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** eggs, silverbeet, spring onions

**Note:** You can use either **Chicken Stock** (page 133) or **Vegetable Stock** (page 171) for this dish.

## Equipment:

metric measuring jug  
and spoons  
clean tea towel  
chopping board  
cook's knife  
whisk, fork or eggbeater  
2 small bowls  
large pot  
fork  
mixing spoon

## Ingredients:

2 L **Chicken Stock** or **Vegetable Stock**  
3 cm knob of ginger, peeled but left whole  
8 spring onions, sliced into 2 cm lengths  
3 tbsp soy sauce  
1 tsp salt  
2 tbsp cornflour  
1 tsp sesame oil  
4 small silverbeet leaves, stalks removed  
and leaves finely chopped  
3 eggs, lightly beaten  
1 small handful coriander, finely chopped

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Add all but 3 tbsp of stock to the large pot, along with the ginger, spring onions, soy sauce and salt.
3. Bring the stock to the boil.
4. In a small bowl, combine the cornflour with the remaining 3 tbsp of stock and set aside.
5. When the soup comes to a boil, reduce the heat and add the silverbeet.
6. Drizzle the beaten egg slowly into the soup.
7. The egg will cook immediately after it's dropped into the soup.
8. Stir the cornflour mixture in gradually until the soup is the desired consistency.
9. Taste to check for seasoning, and garnish with coriander before serving.

