

Chinese Egg Drop Soup

4–6 small servings

80 *I have always loved the simplicity of this soup in Chinese restaurants. It's the perfect start to a Chinese dinner, especially if the soup and the main dish are homemade! Ginger and garlic are infused into the broth, adding a subtle backdrop. The longer you simmer it, the more pronounced the flavor will become. While Egg Drop Soup tends to be thickened a lot in restaurants, I have only lightly thickened it here for a more subtle approach. You can certainly thicken the soup to your liking or leave out the thickener entirely for a thin version.*

4 cups/.9 liters chicken stock

1-inch/2.5-cm fresh ginger,
cut into 4 thin slices

3 green onions, sliced (plus
more for garnishing, if
desired)

3 garlic cloves, peeled and
crushed

1 tablespoon organic
cornstarch, arrowroot
powder, or tapioca starch

1 tablespoon water

1 tablespoon soy sauce or
tamari (use tamari for gluten-
free option)

Unrefined salt to taste (about
½ teaspoon if using unsalted
stock)

White pepper to taste (black
pepper can be substituted)

3 large eggs, whisked

1. In a small pot on high heat, bring the chicken stock to a boil and add the ginger, green onions, and garlic to the soup. If desired, you can place the garlic and ginger in a linen bag (generally used for tea) or tie them in cheesecloth for easier removal. Simmer on low, covered, for 5–20 minutes.
2. Remove the garlic and ginger. If they are free-floating, you can use a slotted spoon. Mix the cornstarch, arrowroot powder, or tapioca starch with 1 tablespoon of water. Add the mixture to the soup and whisk. Cook for a couple of minutes to thicken.
3. Add the soy sauce or tamari and salt and pepper to taste.
4. Bring to a simmer and then take the soup off of the heat. Whisk the broth into a small whirlpool, slowly drizzle in the eggs, and leave the soup to set for one minute.
5. Break up the eggs into ribbons with a fork. Taste, and season with salt or pepper if necessary.



Quick Recipe
GLUTEN-FREE
Grain-free
DAIRY-FREE
Budget-Friendly