

Chinese New Year Egg Drop Soup + Savory Wonton Dumplings + Year of the Dog Frosty Green Tea Slushies



chinese new year egg drop soup

slice+mince

Slice **3 stalks green onions** and **2-4 mushrooms** into thin slivers. Mince **1 large garlic clove** as finely as possible.

measure+mix

Measure and mix together **¼ tsp sugar**, **3 T soy sauce**, **2 T rice vinegar**, **2 T cornstarch**, and **⅓ C cold water** in a bowl until smooth. Mix until the sugar and cornstarch dissolve into the water.

grate+crack+whisk

Grate **½ of a carrot** and set aside. In a new bowl, crack **3 eggs** and whisk them with **2 T cold water**.

boil+dissolve+add

Heat **6 C water** in a saucepan on your stovetop until it reaches a boil and then add your minced garlic and **2 vegetable bullion cubes** and stir until the bouillon dissolves. Add the soy sauce/vinegar mixture to the saucepan, bring to a boil, and let cook for 1 minute. Add your *savory dumplings* (see recipe below) to the broth and allow to cook for 3-5 minutes.

reduce+stir

Reduce the heat on your saucepan and then carefully stir in the egg/water mixture (or **10 oz. sliced silken tofu**, for a vegan soup). Using a fork, stir the eggs so that “wisps” appear and eggs are opaque - about 2 minutes and then it's done!

::continued::

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stir+adjust

Stir in your sliced green onions along with **1 tsp sesame oil**. Taste and adjust with more soy sauce or rice vinegar, if needed.

savory wonton dumplings

grate+slice+combine

Carefully grate **2-4 mushrooms** and **½ carrot**. Slice **1 green onion stalk** and combine veggies in a bowl with **½ tsp salt**, **½ tsp sesame oil**, **pinch of sugar/honey**, and **½ tsp cornstarch**. Mix it all together.

spoon+trace+fold

Spoon a heaping teaspoon of filling into the center of a **wonton wrapper** and then dip a finger into water and trace along the edges of the wrapper. Fold in half to make a triangle and seal the edges. Take the two points furthest from each other on your triangle and pull them together and seal with a bit of water to make your wonton. See image below for visual description. Your wontons are now ready to be cooked in your soup!



frozen green tea slushies

heat+steep

Heat **3 C water** until very warm (but not boiling) and steep **2 bags decaf green tea**, along with **1 1-inch piece of ginger root**, in a pitcher for at least 10 minutes (and up to 60 minutes). Remove tea bags and ginger and discard.

whisk+add+blend

Whisk **¼ C honey/sugar** into the tea and then add **2 C ice**. Blend in your pitcher using an immersion blender or pour everything into a regular blender and blend until slushy and delicious!

::continued::

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shopping list

Chinese New Year Egg Drop Soup

- | | |
|---|--|
| <input type="checkbox"/> 2 vegetable bouillon cubes | <input type="checkbox"/> 2 T rice vinegar |
| <input type="checkbox"/> 1 BIG clove of garlic | <input type="checkbox"/> 3 T soy sauce |
| <input type="checkbox"/> ½ carrot | <input type="checkbox"/> 2 T cornstarch |
| <input type="checkbox"/> 3 stalks green onions | <input type="checkbox"/> 3 eggs (or 10 oz silken tofu) |
| <input type="checkbox"/> 2-4 mushrooms | <input type="checkbox"/> 1 tsp sesame oil |
| <input type="checkbox"/> ¼ tsp sugar | |

Savory Wonton Dumplings

- 1 package wonton wrappers
- 2-4 mushrooms
- 1 stalk green onion
- ½ carrot
- ½ tsp salt
- ½ tsp sesame oil
- pinch of sugar/honey
- ½ tsp cornstarch

Frozen Green Tea Slushies

- 2 bags decaf green tea
- 1 1-inch piece ginger root
- ¼ C sugar/honey
- 2 C ice

::continued::

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What is Egg Drop Soup?

Egg drop soup, literally “egg flower soup” in China, is traditionally a soup made of wispy beaten eggs in boiled chicken broth. Condiments such as black or white pepper, finely chopped scallions and tofu, are optional, but commonly added to the soup. The soup is finished by adding a thin stream of beaten eggs to the boiling broth in the final moments of cooking, creating thin, silken strands or flakes of cooked egg that float throughout the soup.

Though egg drop soup originated in China, it has been adapted throughout the world. In Chinese cuisine, egg drop soups have a thinner consistency than most common Western varieties of the soup. Depending on the region, it may be garnished with tofu, scallion, bean sprouts, and/or corn. In the United States, egg drop soup is often one of the main soups offered in Chinese restaurants and is frequently thickened with cornstarch. In Japan, egg is often dropped unscrambled into the soup, resulting in a moon-like appearance of the whole egg yolk, and giving the soup its name, which means “moon viewing” in Japanese. In Italy, “stracciatella”, a version made of egg and parmesan cheese, is a popular variant of egg drop soup. French garlic soup, “le tourin”, and Spanish garlic soup, “sopa de ajo” are both made with egg whites drizzled into the soup in a similar way to how Chinese egg drop soup is made. Austria’s version of egg drop soup called, “Eierflockensuppe” is a simple, traditional recipe made for young children or sick people.

The surprise ingredient of the week: Eggs!

- ★ **Eggs are composed of a yellow yolk, translucent white, and a protective shell** and have a unique food chemistry that allows them to help in coagulation, foaming, emulsification, and browning. Eggs are incredibly versatile in the kitchen and the chef’s hat, called a toque, is said to have a pleat for each of the many ways you can cook eggs.
- ★ **Eggs are a good source of low-cost, high-quality protein, which is found in the egg white.** The yolk of the egg provides most of the egg’s nutrients, including vitamin D, choline, and antioxidants lutein and zeaxanthin, which aid in eye health.
- ★ **Aside from their color, brown and white eggs are exactly the same in every way, including taste and nutrition.** The only reason there are two different colors of eggs is because some hens, usually dark-feathered ones, lay brown eggs, while others, usually white-feathered ones, lay white eggs.
- ★ **There are 7-17 thousand tiny pores on the shell surface of an egg.** As the egg ages, these tiny holes permit moisture and carbon dioxide to move out and air to move in to form the air cell. The egg can also absorb refrigerator odors through the pores, so always refrigerate eggs in their cartons!

Time for a laugh!

What do chickens grow on? Eggplants!

Why did the egg cross the road? To get to the Shell station!

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