RECIPE

Egg Ribbon Soup with Mushrooms and Spinach

A quick winter lunch of seasoned chicken broth with soft mushrooms, whisked egg ribbons and spinach that wilts in the bowl; two whole eggs and two whites feed four, and the salt is measured.

MAKES

4 servings US Metric

TOTAL

25 min

Ingredients

- [ ] 6 cups low-sodium chicken broth
- [ ] 1 ½ cups sliced white mushrooms
- [ ] 2 tsp grated fresh ginger
- [ ] ½ tsp garlic powder
- [ ] 1 tbsp low-sodium soy sauce
- [ ] ½ tsp salt
- [ ] 1 ½ tbsp cornstarch
- [ ] ¼ cup water, to stir with the cornstarch
- [ ] 2 large eggs
- [ ] 2 large egg whites
- [ ] ¼ tsp ground white pepper
- [ ] ½ tsp toasted sesame oil
- [ ] 3 cups packed baby spinach, to set in the bowls
- [ ] 4 tbsp chopped scallion, to finish

Method

1. Pour the broth into a 3-quart pot. Add the mushrooms, ginger and garlic powder. Cover and bring to a simmer over medium heat, then simmer, covered, 10 minutes, until the mushrooms are soft. (Sea level would take about 8; the extra time is the house's allowance for water that boils at about 203 °F here.)

2. While it simmers, whisk the cornstarch smooth in ¼ cup cold water. In a second bowl, beat the eggs and egg whites until no streaks of white remain; a spouted measuring cup pours best.

3. Divide the spinach among four bowls and set them near the stove.

4. Stir the soy sauce, salt and white pepper into the pot. Whisk the cornstarch again, since it settles, and stir it in. Simmer 1 minute, stirring, until the broth turns glossy and slightly thick.

5. Take the pot off the heat. Stir the broth in one direction so it swirls, and pour the beaten egg in a thin stream, as slowly as you can. Cover the pot and leave it off the heat 1 minute so the ribbons set, then stir once, gently, to break them up.

6. Check that the soup reads at least 160 °F in the middle and that the egg is firm, with no clear liquid egg. If not, return the pot to low heat for 1 minute without boiling hard.

7. Stir in the sesame oil. Ladle the soup over the spinach, which wilts in the bowl, and scatter the scallion on top. Serve at once.