

Bamboo Shoots with Conpoy Chowder

Makes 4 servings

December
Umami!

3	dried scallops (conpoy)
4	dried black mushrooms
4 oz	boneless chicken, julienned
1 tsp	soy sauce
1 tsp	cornstarch
4 cups	chicken broth
1 cup	julienned winter bamboo shoots
2 oz	ham, thinly sliced
3 tbsp	cornstarch dissolved in ½ cup water
	salt to taste
2 tsp	sesame oil

1. Soak dried scallops in water to cover for 2 hours. Shred scallops with hands and reserve soaking liquid.
2. Soak mushrooms in warm water to cover until softened, about 30 minutes; drain. Discard stems and thinly slice caps.
3. Combine chicken with soy sauce and cornstarch. Mix to coat evenly; set aside for 15 minutes.
4. Bring chicken broth to a boil in a medium pot, then reduce heat to a simmer. Add chicken and cook until opaque, stirring with chopsticks to separate the strands of meat. Add dried scallops, soaking liquid, mushrooms, bamboo shoots and ham. Bring to a boil and thicken with cornstarch slurry.
5. Season with salt and finish with sesame oil before serving.

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