

Seafood and Tofu Soup

Makes 4 - 6 servings

Ingredients

- 3 oz raw small shrimp
- 3 oz scallops, cut into bite-sized pieces
- 2 slices ginger, shredded
- 4 cups soup stock
- ½ cup straw mushrooms
- 2 tablespoons frozen peas, thawed
- 1 tomato, diced
- 6 oz soft tofu, drained and cut into cubes

- 2 tablespoons cornstarch, dissolved in 3 tablespoons water
- 1 egg white, beaten

Marinade

- ½ teaspoon cornstarch
- ¼ teaspoon salt
- ¼ teaspoon white pepper

Seasonings

- 2 teaspoons soy sauce
- 1 teaspoon sesame oil

1. Shell and devein shrimp. Combine shrimp, scallops, and marinade ingredients in a bowl; stir to coat. Let stand 15 minutes.

2. Heat 1 tablespoon cooking oil in a hot wok over medium heat. Add ginger, shrimp, and scallops; stir-fry 1 minute. Add soup stock; bring to a boil. Add remaining ingredients (except cornstarch solution and egg white) and seasonings; cook 1 to 2 minutes. Add cornstarch solution; cook, stirring, until soup thickens. Reduce heat to low; slowly drizzle in egg white, cook, stirring constantly, until egg white sets. Pour into a soup tureen and serve.