

Chicken, Shiitake, and Bok Choy Soup-Stew with Ginger-Garlic Paste

1 1/2 tablespoons Oriental sesame oil or salad oil
1/3 pound fresh shiitake or common mushrooms, rinsed, drained, and sliced thin
8 green onions, ends trimmed, coarsely chopped (including tops)
3 cups regular-strength chicken broth
4 boned and skinned chicken breast halves (about 6 oz. each)
2 large (about 2/3 lb. total) carrots, peeled and sliced thin on the diagonal
8 baby bok choy (about 3/4 lb. total), coarse outer leaves discarded
2 cups hot cooked short- or medium-grained rice
3 tablespoons minced fresh cilantro

Ginger-Garlic Paste

3/4 cup (about 3 oz.) peeled and coarsely chopped fresh ginger
3 cloves garlic
3 tablespoons rice vinegar
1 teaspoon sugar

Place oil in a 4- to 5-quart pan over medium heat. Add mushrooms and half the onion; cook, stirring often, until mushrooms are lightly browned, about 10 minutes. Add broth and scrape free any browned bits. Cover pan and bring to a boil over high heat.

Add chicken and carrots; arrange so that they are covered with liquid, and cover tightly. Simmer over low heat until chicken is no longer pink in the thickest part (cut to test), about 15 minutes. Remove chicken and transfer to a cutting board. Add bok choy and remaining green onion to pan; cover and simmer over medium heat until bok choy is bright green and just tender when pierced, about 5 minutes. Meanwhile cut chicken crosswise on the diagonal into 1/2-inch slices.

In a blender or food processor, whirl together the ginger garlic, rice vinegar, and sugar to form a paste. (If made ahead, cover and chill.)

Place a 1/2 cup scoop of rice off center in each of 4 wide shallow soup bowls. Arrange 1 sliced chicken breast around each rice mound. With a slotted spoon, distribute vegetables evenly among bowls. Stir cilantro into broth; gently pour into bowls over meat and vegetables. Offer ginger-garlic paste to stir into broth.

Makes 4 servings.

Comments:

Nutrition Information: per serving: 442 calories; 46g. protein; 8.9g. fat; 42g. carbohydrate

Source: Sunset, summer 1990