



Eggless Egg Drop Soup

Maggie Zhu's updated classic Chinese soup is Vegan Style

4 teaspoons cornstarch
2 Tablespoons cold water
1 Tablespoon mushroom powder
1/4 teaspoon white pepper powder
1/4 teaspoon salt or to taste
1/8 teaspoon turmeric powder
3 scallions, thinly sliced, separate green and white slices
2 slices (1/8 inch) thick fresh ginger, chopped
4 fresh yuba sheets or 1 semidried yuba sheet, cut into strips
2 teaspoons toasted sesame oil

1. In a small bowl, combine cornstarch with cold water; stir in mushroom powder, pepper, salt, and turmeric powder until well mixed. Set aside.
2. In a medium sized pot combine 4 cups water with the white parts of the scallions and the ginger. Bring to a boil over high heat, then reduce the heat to low; let the soup come to a simmer.

3. Whisk the prepared cornstarch mixture again to make sure the cornstarch is dissolved; then pour it into the soup. Stir to mix well; let the soup simmer until slightly thickened for about 30 seconds or so.
4. Add the yuba strips; cook for another minute, until they become tender.
5. Drizzle with the sesame oil; sprinkle with the scallion greens. Give the soup a final stir to mix well; serve hot.

Cook's Note: Add lite soy sauce or more sesame oil to dish if desired. The mushroom powder I used thickened the soup also.

Recipe by: Maggie Zhu, : Maggie Zhu, *Chinese Homestyle, Eggless Egg Drop Soup*, p. 124, Quarto Publishing Group Inc., 2022.

Note: She stated that the taste of packaged vegetable stock as a soup base doesn't work well with Chinese seasoning and vegetable stocks are too sweet. She also suggested substituting white miso paste for added umami and probiotics in place of mushroom powder.

About the Recipe: This classic soup is made with plant-based ingredients while preserving all the character of the original. Maggie loves this recipe and often makes it at home because it's so simple yet so satisfying. The yuba sheet truly mimics the texture and look of eggs and has a noodle texture that makes the recipe eggless.