

Hot & Sour Soup

This is modelled after the Vietnamese hot and sour soup served years ago at the Tu-Do Restaurant on Gottingen Street. Serves 4-6.

Norval Collins

5 cups chicken stock	3 green onions, chopped
1 tsp hot chili pepper crushed and coarse ground	1 tbl sesame oil
2 tbl wine vinegar	2 tbl sherry
1 tbl minced ginger	2 cups bean sprouts
1 tbl light soy sauce	½ cup mushrooms, sliced
2 cloves garlic, minced	½ cup cherry tomatoes (cut in half)
2 tbl sugar	1½ cup chicken or shrimp

1. Simmer all ingredients except the bean sprouts and shrimp/chicken for 10 minutes.
2. Add shrimp/chicken and simmer another 5 minutes.
3. Pour over raw bean sprouts placed generously in each soup bowl.

Shrimp Bisque

This can be made 15 minutes before serving. Serves 4

Daniel MacKay

½ small onion, minced	1 cup of chicken stock
1 clove of garlic, minced	3 cups of milk
½ cup butter	2 tbl cooking sherry
1 cup frozen cooked shrimp (no shells or tails)	salt & pepper
	3 tbl chopped chives or parsley

1. Microwave onion and garlic in butter for 1 minute in large (2 L) microwave-safe bowl.
2. Add frozen shrimp and microwave for 4 minutes, stirring every minute.
3. Place in blender, add stock and blend until smooth.
4. Place back in bowl and add milk and sherry, and microwave until hot, stirring every minute. Season with salt and pepper.
5. Serve when hot with chopped chives or parsley on top.