

Soup - Chicken Shiitake and Bok Choy Soup/Stew w/Ginger Garlic

1-1/2 T. Oriental Sesame Oil or salad oil

1/3 lb. Fresh mushrooms sliced

8 grn. Onions trimmed use greens (coarsely chopped)

3 C chicken broth

4 boned chicken breasts 6 oz.

2 large (2/3 lb.) Carrots, sliced thin on diagonal

8 baby bok choy (3/4 lb.)

2 C hot cooked rice

3 T minced fresh cilantro

Place oil in 4-5 qt. pan med. heat, add mushrooms and half onions. Cook stirring often until mushrooms are lightly brown (10 min.) Add broth and scrape free any brown bits. Cover pan and bring to boil over high heat. Add chicken and carrots.

Arrange so covered with liquid and cover tightly. Simmer over low heat until chicken is no longer pink in center. (About 15 min.) Remove chicken and transfer to 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 min.) Meanwhile, cut chicken cross-wise on diagonal to ½" slices.

Place ½ C scoop of rice off center in 4" wide shallow soup bowl. Arrange one sliced chicken breast around each rice mound. With slotted spoon, distribute veggies evenly among bowls. Stir cilantro into broth. Gently pore the broth into the bowls.

Ginger/garlic paste:

In blender whirl ¾ C peeled coarsely chopped ginger, 3 cloves garlic, 3 T seasoned rice vinegar, or 3 T rice vinegar and 1 t sugar until smooth. Chill paste up to 4 hours.