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Fresh Fall Hot-and-Sour Soup

This is not traditional Chinese hot-and-sour soup, but it was born close by. Down an easily forgotten staircase near City Fish—the Market’s oldest fish shop—Pike Place Chinese Cuisine serves fantastic fare with an astounding view of the Sound. Start your market trip with a bowl of its pork-studded soup, then march upstairs to gather ingredients for this brightly hued vegetarian version, which has the same punch of white pepper and vinegar but uses fresh fall farmers’ market ingredients, such as mushrooms, kale, squash, and carrots.

Outside of chanterelle season, you can use all shiitake mushrooms.

Active time: 45 minutes

Makes 4 servings

3 tablespoons cornstarch
3 tablespoons cold water
1 teaspoon sugar
1 tablespoon soy sauce
3 teaspoons dark sesame oil, divided
8 ounces tofu (about ½ package)
3 leaves lacinato (aka dinosaur) kale
1 tablespoon canola oil
2 carrots, peeled and shredded
½ delicata squash, seeded and shredded
¼ pound chanterelle mushrooms, rinsed, trimmed and thinly sliced
¼ pound shiitake mushrooms, rinsed, trimmed, and thinly sliced
6 cups vegetable or mushroom broth
¼ cup plus 1 tablespoon white vinegar
½ teaspoon freshly ground white pepper
1 large egg, beaten

In a small bowl, blend the cornstarch, water, sugar, soy sauce, and 2 teaspoons of the sesame oil together with a fork until combined, and set aside.

Cut the tofu into ¼-inch batons and set aside. Cut the tough ribs out of the kale and slice the leaves horizontally into ¼-inch strips. Set aside.

Heat a wok or large soup pot over high heat. When hot, add the canola oil and the remaining teaspoon of sesame oil, then the carrots and squash. Cook for 1 minute, stirring, then add the kale and mushrooms. Sauté for 2 minutes, until the kale has wilted. Add the broth, then the tofu, and bring to a simmer. Stir the cornstarch mixture, add it to the soup, and bring the soup back to a simmer, stirring occasionally until it looks a bit thicker and almost glossy. Remove the pan from the heat, stir in the vinegar and pepper, and taste for

seasoning—you'll probably want a bit more vinegar and/or pepper. Stir the mixture around in a circle once or twice, creating a gentle whirlpool. Stop stirring and drizzle the egg into the swirling liquid—it will cook upon contact in long, thin strings. Serve immediately.