Ginger Pork and Shiitake Egg-Drop Noodles

2 large soup bowls, each with half of all noodles, pork, vegetables, egg ribbons and broth | Active 30 min | Cook 25 min | Total 45 min

Ingredients

- 4 1/4 oz dry whole-wheat spaghetti (120 g)
- 8 1/2 oz 84%-lean ground pork (240 g raw)
- 5 1/3 oz fresh shiitake mushroom caps, tough stems removed and caps sliced (150 g edible weight)
- 1 medium carrot, cut into fine matchsticks (100 g)
- 2 scallions, trimmed and thinly sliced (30 g), divided
- 1 tablespoon finely grated fresh ginger (15 g)
- 2 garlic cloves, minced (6 g)
- 2 teaspoons sesame oil (10 ml/9 g)
- 3 1/3 cups water for the broth (800 ml/800 g)
- 4 teaspoons regular soy sauce (20 ml/21 g)
- 2 large eggs, without shells, beaten (100 g)
- 2 teaspoons distilled white vinegar (10 ml/10 g)
- 1/4 teaspoon ground black pepper (0.5 g)

Set out

Kitchen scale, measuring jug and small egg-pouring jug, 3 qt/3 liter saucepan for broth, Separate saucepan and colander for noodles, Separate raw-meat board, spatula, ladle and food thermometer, Two soup bowls with capacity at least 1 qt/1 liter each

Allergens

Wheat, Soy, Egg, Sesame. Check labels and substitutions.

Make it

1. Bring a separate saucepan of plain water to a boil for the spaghetti. Prepare vegetables and beat eggs in a clean jug. Cook spaghetti according to its packet until tender, drain well and divide between two large 1 qt/1 liter soup bowls. Time this to finish as the broth is nearly ready.

2. Heat sesame oil in the 3 liter broth saucepan over medium-high heat. Add pork and cook for 6–8 minutes, breaking into small pieces, until browned and the meat reaches 160°F/71°C. Do not drain: all measured fat and juices belong to the broth. Wash hands and clean raw-pork equipment.

3. Add ginger, garlic and half the scallions; stir for 30 seconds. Add the 800 ml broth water, soy sauce, shiitake caps, carrot and black pepper. Bring to a gentle boil, scraping the pan base, then simmer for 7–9 minutes until mushrooms and carrot are tender.

4. Bring the broth to a gentle simmer. Stir once in a slow circle, then pour the beaten eggs in a thin stream around the pan. Stop stirring for 20 seconds, then gently separate the ribbons with a spoon. Simmer for 1–2 minutes until eggs are fully set and the soup reaches at least 160°F/71°C throughout.

5. Remove from heat and stir in vinegar. Ladle half the pork, mushroom, carrot, egg and broth over each noodle portion. Divide remaining scallions over the two bowls and serve promptly.

Ginger Pork and Shiitake Egg-Drop Noodles

2 large soup bowls, each with half of all noodles, pork, vegetables, egg ribbons and broth | Active 30 min | Cook 25 min | Total 45 min

Estimated nutrition per serving

Calories: 650 kcal | Protein: 39.8 g | Carbohydrate: 58.9 g | Fat: 30.9 g | Fiber: 9.5 g. One of 2 servings. Batch yield: 2 large soup bowls, each with half of all noodles, pork, vegetables, egg ribbons and broth. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Keep tomorrow's noodles out of tonight's broth

If one serving is for another day, put its drained noodles straight into a shallow storage container and cool its measured half of the finished soup separately. That preserves a recognizable noodle bowl after reheating instead of a pot in which every strand has absorbed the liquid.

A useful detail

The base uses fresh shiitake and dry whole-wheat spaghetti, not dried mushrooms or already cooked noodle weight. The regular soy sauce is measured separately from the plain broth water. All pork fat, sesame oil and soup liquid are retained in the estimate. Plain noodle-boiling water is discarded and adds no energy.

Another way

Replace 150 g fresh shiitake caps with 150 g fresh oyster mushrooms, trimming any tough base before weighing.

Replace 240 g 84%-lean pork with 240 g 93%-lean ground turkey and cook the meat to 165°F/74°C. The egg ribbons still need to be fully set; recalculate for that substitution.

Keep it well

For a saved portion, refrigerate noodles separately from broth if practical. Cool promptly in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat the portion needed to 165°F/74°C throughout before combining. Carry chilled soup in a leakproof cold container with two cold sources; a merely warm flask is not safe hot holding.