Chicken, Sweetcorn and Egg-Ribbon Soup

2 soup bowls, each containing half the chicken, corn and egg ribbons | Active 15 min | Cook 13 min | Total 30 min

Ingredients

- 150 g (5 1/3 oz) commercially ready-to-eat fully cooked plain chicken, refrigerated until use, cut into 1 cm/3/8 in pieces; not raw or partly cooked chicken
- 140 g (5 oz) canned ready-to-eat sweetcorn, drained
- 500 ml (about 2 US cups plus 2 tbsp) ready-to-use lower-sodium chicken stock
- 5 g peeled fresh ginger (about 2 tsp finely grated)
- 10 ml lower-sodium soy sauce (2 tsp)
- 8 g cornstarch (about 1 tbsp), not cornmeal
- 30 ml cold water (2 tbsp), for the cornstarch
- 1 large egg, 50 g/1 3/4 oz without shell, fully beaten
- 10 g scallion (about 2 tbsp thinly sliced), washed and sliced, white and green parts used
- 5 ml rice vinegar (1 tsp)

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Knife and board, Spoon, Oven mitts, Two serving bowls, Microwave-safe bowl, at least 2.5 L/about 2 2/3 US qt measured capacity, about 21 cm/8 1/4 in inside diameter and 10 cm/4 in deep, Microwave-safe vented cover, Two small bowls, Fork or small whisk, Can opener and sieve, Food thermometer, Fine grater for ginger

Allergens

Egg, Soy, Wheat. Check labels and substitutions.

Make it

1. Put the stock, ginger and sliced scallion in the 2.5 L bowl. Cover with the vent open. Microwave at 1000 W full power for 4-5 minutes, stirring after 3 minutes, until visibly bubbling. Meanwhile mix the cornstarch with all 30 ml cold water in one small bowl, and fully beat the egg in the other.

2. Add the chilled ready-to-eat chicken, drained canned corn and soy sauce to the broth. Stir, cover with a vent and heat at full power for 3-4 minutes, stirring halfway, until thoroughly hot. Stir the cold slurry again, pour it into the broth and mix well. Cover with a vent and heat at full power for 2 minutes, stirring after 1 minute, until the broth bubbles and lightly thickens.

3. With the hot bowl on a stable surface, stir the broth gently in one direction and pour in half the beaten egg in a thin stream. Cover with a vent and heat at 70% power for 45 seconds. Repeat with the remaining egg and heat for another 45 seconds. Scrape all the beaten egg from its bowl into the soup. Stir gently and continue in 20-30-second bursts if needed until there is no liquid egg and all parts of the soup reach 165°F/74°C.

4. Cover with the vent open and stand for 2 minutes. Stir gently and recheck several places for at least 165°F/74°C, including chicken pieces near the center. If any spot is cooler, use another short burst and repeat the covered stand and check. Stir in the rice vinegar and divide all the soup equally between two bowls. Eat immediately.

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Corn is already cooked

Use commercially canned ready-to-eat corn. Thawed frozen corn is not the same ingredient; a frozen product would need its full separate package cooking process.

Finish this bowl in one session

Once the raw egg enters, finish its cooking and covered stand immediately. Do not pause to refrigerate a partly cooked batch.

Ingredient labels

Standard soy sauce contains soy and usually wheat. Chicken stock or ready-to-eat chicken can have additional allergens; check labels. The tofu variation also contains soy.

A useful detail

The 30-minute plan allows 8 minutes of preparation, about 13 minutes of sequential microwave heating, the mandatory 2-minute covered egg stand and 7 minutes for slurry, egg pouring, checks and serving. The listed heat is rounded up from the starting ranges; extra endpoint bursts can extend it. This uses a 1000 W oven and the microwave-specific egg endpoint of 165°F/74°C, not appearance alone.

Another way

Replace the chicken with 150 g/5 1/3 oz plain ready-to-eat firm tofu in 1 cm/3/8 in cubes and use vegetable stock. Soy is already present in the sauce; follow the same 165°F/74°C egg endpoint and 2-minute stand.

Use 5 ml/1 tsp lemon juice instead of rice vinegar at the end. Do not increase the acid enough to turn the egg broth sharply sour.

Keep it well

Make only the amount you will eat now. The ready-to-eat chicken is heated in this recipe; do not cool the assembled soup for another reheating cycle. Keep any unused, unmixed chicken, corn and stock refrigerated at 40°F/4°C or below under their original opening/use-by deadlines. Discard served soup left out beyond 2 hours, or 1 hour above 90°F/32°C. Do not store partly cooked egg soup.