Egg Drop Soup

Ingredients

- 4 cups good-quality chicken or vegetable stock
- 2 tablespoons cornstarch
- 1 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 3 eggs
- 1/2 teaspoon toasted sesame oil
- 3 green onions, thinly sliced, plus extra for garnish
- (optional) 1/4 cup whole-kernel corn or creamed corn
- fine sea salt and freshly-cracked black pepper, to taste

Directions

1. Whisk together stock (chilled or room-temperature), cornstarch, ginger and garlic powder in a medium sauce pan until smooth. Heat over high heat until the stock comes to a simmer, stirring occasionally.
2. Meanwhile, whisk together the eggs and egg whites in a small measuring cup or bowl. (I find the measuring cup easier for pouring.)
3. Once the broth reaches a simmer, use a fork or a whisk to stir the broth in a circular motion, creating a “whirlpool.” Then slowly pour the whisked eggs into the soup as you continue stirring, in order to create long egg ribbons.
4. Remove pan from heat. Stir in the sesame oil, green onions and corn (optional) until combined. Season with salt and pepper to taste, also adding a dash or two of more sesame oil if needed.
5. Serve immediately, sprinkled with additional green onions.