

Chinese Corn Soup

Serves 3**Time** 25 minutes**Vegan****Common Allergens** Soy, sesame, may contain wheat and alcoholRecipe from [The Foodie Takes Flight](#)

Ingredients

- 1 tablespoon neutral-flavored oil
- ½ teaspoon grated ginger
- 1 clove garlic, minced
- 1 green onion, chopped (white and green parts separated)
- 1 15-oz can sweet corn or creamed corn, or 1 ½ cups frozen corn
- Optional: 1 tablespoon Shaoxing wine (contains wheat), sake, or mirin
- 2 ½ cups vegetable broth
- 10.5 oz silken tofu, or Korean sundubu (1 tube)
- optional: ½ teaspoon salt adjust to taste
- Pinch ground white pepper

Slurry

- 2 tablespoons cornstarch
- ¼ cup room temperature water

To Serve

- Drizzle of sesame oil optional
- Chopped green onions



Notes

- You can pre-chop some of the corn before adding it to the soup if you have creamed corn or a food processor or immersion blender.
- Add more vegetables if you'd like – bok choy, Chinese broccoli, carrots, etc.
- To make completely alcohol free, omit Shaoxing wine, sake, or mirin

Instructions

1. Heat the oil in a saucepan until hot. Add in ginger, garlic, and white part of the green onion until aromatic. Add the green part of the green onion and corn kernels.
2. Over medium heat, add the Shaoxing wine or other rice wine, if using. Allow to cook for 1-2 minutes until the alcohol evaporates.
3. Optional: Scoop some of the corn from the pot and transfer to a food processor, pulse a few times, and return to the pot. Alternatively, after you add the broth in the step below, place an immersion blender in the soup and briefly blend to puree some of the corn.
4. Add the vegetable broth and bring to a boil.
5. Meanwhile, prepare the silken tofu by cutting open the tub or packaging. Break apart or mash the tofu with a fork.
6. Slurry: mix together the starch and water until dissolved in a small bowl.
7. Once the soup is boiling, add in the tofu. Season the soup with salt and white pepper to taste.
8. Stir the slurry again, then slowly add it while mixing the soup. Allow the soup to thicken over medium-low heat.
9. Taste the soup (be careful not to burn your tongue!) and season more, if needed. Serve while hot with a drizzle of sesame oil (if desired) and top with more chopped green onions.