

A vegetarian, earth-friendly alternative to shark fin soup (Serves 4)

Ingredients:

Yellow beans
1 carrot
Half a spaghetti squash (known as shark fin melon)
3 chinese shitake mushrooms cut into strips
2 black and white fungus cut into strips
10 grams lily flowers
1 tofu cut into strips
1 sheet Beancurd skin (fuzhouk) break into pieces
10 grams celery cut into strips
10 grams carrot cut into strips

Seasonings:

Black soy sauce
Ground white pepper
Table salt
Black vinegar
Sweet potato starch



Stock:

Cut the carrots into chunks. Boil together with the yellow beans to make the soup stock. Strain the stock after when soup base is ready. Put the stock aside.

Spaghetti squash:

Cut the squash into quarters and boil in water with skin. Once soften, take up the squash and leave it to cool in a ice filled pot.

After cooling, you can easily peel the strands of squash away from the skin. Be careful not to tear the strands apart. Keep the strands together so that you get the 'shark fin' in whole piece when served.

Cooking the soup:

Heat oil in pan. Stir in the stripped carrots and mushrooms till fragrant. Add in the rest of the ingredients to stir except for the egg whites. Once it's fragrant, add in prepared stock to ingredients. Add seasoning to taste and black soy sauce for colour. Bring to boil, stir in sweet potato starch. Stop when you get the consistency you prefer. Then last but not least, add in the beancurd skin into soup. Now gently placed the pieces of 'shark fin' into the soup. Let it simmer for 10mins on low heat.

Finally, serve with a sprig of coriander and a dash of vinegar.