



CSS Montréal

Vegetarian Sweet and Sour Soup

Ingredients (for 6 persons)

- 1 cup of pineapple cut in chunks.
- 1 cup of celery, thinly sliced diagonally (or angle sliced).
- 1 cup of tomatoes cut in quarters .
- 1 cup of bean sprouts.
- 1 cup of fried tofu cut in chunks (optional).
- 1 cup of okras, break off the ends (optional) .
- 1 cup of Bac Ha (elephant ear stem) thinly sliced diagonally (or angle sliced) (optional).
- 600 ml of broth (see below).
- 16 g of tamarind paste, mixed with a little water and sieved.
- ½ table spoon of sea salt.
- 3 table spoons of cane sugar.
- Aromatic herbs ngo gai (culantro or sawtooth herb) and ngo om (rice paddy herb) and red chili pepper, chopped.

Broth: Cook a brown-skinned (Bosc) pear in 600ml of water and sieve.



Preparation

- Put the broth in a large saucepan. Add tamarind juice, salt and sugar. Bring to a boil.
- Add vegetables, tofu, mix and cook for 2 minutes. Add bean sprouts and turn off.
- Pour the soup in a large bowl, add the aromatic herbs and red chili pepper. Serve hot.

Ingredients

