

# Vietnamese Pork Meatball Soup With Winter Melon (Canh Moc Nau Bi Dao)

Serves 5-7

## INGREDIENTS

### Pork Meatballs (Moc)

- 1 lb fatty ground pork (chill in freezer until semi-frozen such that you can break apart into big chunks by hand)
- 3 tablespoons granulated sugar
- 1/2 teaspoon fine sea salt
- 2 tablespoons fish sauce
- 1/4 teaspoon ground black pepper
- 3 garlic cloves (peel; leave whole)
- 3 tablespoons vegetable oil
- 2 tablespoons tapioca starch/flour
- 4 tablespoons cold water
- 1 teaspoon Alsa baking powder

### Equipment Needed

- Food processor

### Soup

- 2 liters water
- 1 lb winter melon (peel, remove core if not tender and cut into chunks or slice thin)
- 1 tablespoon granulated white sugar
- 2 tablespoons fish sauce
- 2 teaspoons fine sea salt
- 4 green onions/scallions (remove end; cut into 2-inch segments)
- 1/4 teaspoon ground black pepper

## INSTRUCTIONS

1. Break apart ground pork into small chunks and add to a high-power food processor. Add sugar, salt, fish sauce, black pepper, garlic cloves and oil. Blend for 5 minutes on the highest setting.
2. In a medium bowl (mixture will bubble over so make sure the bowl is not too small), mix together tapioca starch and water until dissolved. Add baking powder to the slurry. Add slurry to pork and blend on high again for another 5 minutes. Pork should be a light pink paste. Set aside.
3. In a large pot, heat water (2 liters) on high. Once you reach a rolling boil. Form golf-ball size meatballs from the pork paste and drop them into the boiling water. Lower heat to gentle simmer and cook for 8 minutes.
4. Add in winter melon and cook the melon for 3-4 minutes until tender. Avoid overcooking as melon will break apart into many pieces.
5. Season soup with sugar, fish sauce and sea salt Turn off heat and garnish with scallions and black pepper before serving.