

Vietnamese Tofu and Garlic Chive Soup with Ground Pork (Canh Dau Hu He Nau Thit Bam)

Serves 4

INGREDIENTS

Ground Pork

- 1/2 lb ground pork
- 1 tablespoon chicken stock powder
- 1 teaspoon granulated white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Soup

- 2 teaspoons vegetable oil
- 2 garlic cloves (peel and dice)
- 1 shallot (peel and dice)
- 1 32-oz carton chicken stock
- 1/2 teaspoon fish sauce
- 1/2 teaspoon MSG (optional)
- 1 package soft tofu (drain then cut into small squares)
- 1 bunch garlic chives (remove woody ends and cut into 2-inch pieces)

INSTRUCTIONS

1. Season ground pork with chicken stock powder, sugar, salt and black pepper.
2. To the bottom of a small pot, heat vegetable oil on medium high heat and fry garlic and shallot until fragrant. Add ground pork and fry for about 5 minutes, breaking up the pork into small pieces with a wooden spoon.
3. Add chicken stock to pot and bring to a boil.
4. Season stock with fish sauce and MSG (optional).
5. Add tofu and cook on medium heat for 10 minutes.
6. Add garlic chives then immediately turn off heat. Serve soup as a side dish to steamed white rice and your favorite Vietnamese meat dish for a complete meal.