

# FOOD

## Forbidden Rice Seaweed Soup

*This is a vegan variation on the traditional recipe of Korean-style seaweed soup. The forbidden rice and tofu keep the protein content and nutritional value at a premium (without the extra fat from meat) for those looking at filling up on a delicious meal while keeping fit. Original recipe by Paul A. Neufeldt; makes 4 servings.*

### Ingredients:

- 1 (1 ounce) package dried brown seaweed
- 1/2 package extra firm tofu, sliced into thin strips
- 2 teaspoons sesame oil
- 1 1/2 tablespoons soy sauce
- 1 teaspoon salt, or to taste
- 3 cups water
- 3 cups vegetable broth
- 1 teaspoon minced garlic
- 1/2 cup cooked black rice (forbidden rice)



### Directions:

1. Use cooking shears or scissors to cut dried seaweed squares (cut the seaweed into strips then stack and cut the stacked strips into 2 inch squares).
2. Cut the tofu into long thin strips and fry them in the sesame oil until browned on both sides. Pour tofu and sesame oil into saucepan with 3 cups of water.
3. Heat the saucepan over medium heat; add 1/2 tablespoon soy sauce, and a little salt, and cook for 1 minute.
4. Stir in seaweed and remaining 1 tablespoon soy sauce and garlic; cook for 5 minutes, stirring frequently.
5. Pour in three cups of vegetable broth, and bring to a boil. Then cover, and reduce heat.
6. Simmer for 20 minutes. Season to taste with salt.
7. Refrigerate and reheat; keeps for up to a week. Or freezes well for up to a month.

## Restaurant Style Egg Drop Soup

*This Egg Drop soup is born from a love of the soup and MANY trips to my favorite Chinese restaurant. The simplicity is the key. Soup can be re-heated or frozen and re-heated. Original recipe makes 4 servings.*

### Ingredients:

- 4 cups chicken broth, divided
- 1/8 teaspoon ground ginger
- 2 tablespoons chopped fresh chives
- 1/4 teaspoon salt
- 1 1/2 tablespoons cornstarch
- 2 eggs
- 1 egg yolk



### Directions:

1. Reserve 3/4 cup of chicken broth, and pour the rest into a large saucepan. Stir the salt, ginger and chives into the saucepan, and bring to a rolling boil. In a cup or small bowl, stir together the remaining broth and cornstarch until smooth. Set aside.
2. In a small bowl, whisk the eggs and egg yolk together using a fork. Drizzle egg a little at a time from the fork into the boiling broth mixture. Egg should cook immediately. Once the eggs have been dropped, stir in the cornstarch mixture gradually until the soup is the desired consistency.

**12 HOURS**  
after you quit smoking,  
carbon monoxide levels  
in your blood decrease  
to normal.

**QUIT SMOKING TODAY.**  
CALL: 1.800.QUIT.NOW

[quitnow.net/oregon](http://quitnow.net/oregon)

SMOKEFREE  
oregon

FRIDAY JUNE 12-14 2015

ROSE CITY SHOWCASE  
PORTLAND, OR

LEWIS AND CLARK COLLEGE

0615 Southwest Palatine Hill Road Portland, OR 97219

FEATURING DJ O.G. ONE  
PORTLAND TRAILBLAZERS OFFICIAL DJ

[www.rosecityshowcase.com](http://www.rosecityshowcase.com)