

Tofu and Ginger Soup with Noodles

Serves 4 to 6.

*80g capellini egg noodles
297g packet firm tofu
2 sticks celery
4 green shallots
1 Tbs sesame oil
1 Tbs olive oil
3 cloves garlic, crushed
3 tsp grated fresh ginger
1½ Tbs finely chopped lemon
grass
10 baby spring onions, quartered
2 Tbs lemon juice
1 Tbs light soy sauce
230g can sliced bamboo shoots,
rinsed, drained
3½ cups vegetable stock
¼ cup shredded fresh basil*

Add noodles to large pan of boiling water, boil, uncovered, until just tender; drain. Cut tofu into 2cm cubes. Cut celery and shallots into 4cm lengths. Heat oils in pan, add garlic, ginger, lemon grass and onions, cook, stirring, until onions are soft. Add celery, shallots, juice, sauce and bamboo shoots, cook, stirring, about 5 minutes or until celery is just tender. Add stock, bring to boil, add noodles and tofu, simmer about 3 minutes or until tofu is heated through. Serve sprinkled with basil.

Source: The Australian Women's Weekly, (1992). Country Cooking, The Australian Women's Weekly, Sydney.