

BIRD'S NEST SOUP

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Recipe by Chef #DBLEE

Serve at Chinese wedding. Hong Kong and the United States are the largest importers of birds' nests charging between \$30 and \$100 per bowl of soup in Chinese restaurant and while a single kilogram of nest can cost between \$2,000 and \$10,000.

READY IN: 24hrs 25mins

SERVES: 8

UNITS: US

INGREDIENTS

- 10 ounces fish base, dried bird nests
- 1 tablespoon oil
- 12 cups chicken stock
- 1 tablespoon fresh gingerroot, chopped
- ½ cup chicken meat, small diced
- ½ cup straw mushroom, diced

roux, cornstarch

NUTRITION INFO	
Serving Size: 1 (373) g	
Servings Per Recipe: 8	
AMT. PER SERVING	% DAILY VALUE
Calories: 148.9	
Calories from Fat 54 g	37 %
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Total Fat 6.1 g	9 %
Saturated Fat 1.4 g	6 %
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Cholesterol 10.8 mg	3 %
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Sodium 558.6 mg	23 %
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Total Carbohydrate 13.4 g	4 %
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Dietary Fiber 0.3 g	1 %
Sugars 5.7 g	22 %
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Protein 9.5 g	19 %

DIRECTIONS

Soak bird's nest overnight. Then remove water and clean.

In a stockpot add cooking oil and boil the chicken stock then add in birds nest. Let it heat for 10 minutes. Add the rest of the ingredients and let it heat for another 10 minutes. Add in cornstarch roux to lightly thicken the soup and stir in the chicken meat, mushrooms and turn off the heat and let stand for 5 minutes before serving.