

2 Chinese Yin & Yang Lamb Soup

(Please check your allergic ingredients before cook)

YouTube video: https://www.youtube.com/watch?v=21jmzLy_GBw (English)



Ingredients:

- Half leg of lamb, about 500g in weight
- 6 green chillies peppers
- 1 teaspoon ground white pepper
- 4 spring onions
- 1cm ginger root
- 1 clove garlic
- A handful of fresh coriander
- 1 tablespoon chilli flakes
- 1 teaspoon soy sauce

Method:

1. Place lamb in a pan
2. Add 2 litre of water
3. Bring to the boil
4. Turn the lamb and place lid on the pan
5. Reduce heat to medium and boil lamb for 1 and half to 2 hours until meat is tender
6. Remove from the pan to cool
7. Save the liquid in a pan for soup
8. Slice green chili peppers thinly
9. Finely chop the ginger, spring onions and garlic
10. Roughly chop the coriander
11. Place chillies, spring onions and ginger on a dish
12. Place coriander and garlic on a dish for later
13. Cut lamb into bite-size chunks and place on a dish for later

For the yin part of the soup:

1. Heat 1 tablespoon of oil in wok
2. Add chili flakes to the oil and fry for few seconds
3. Add garlic...half of the ginger to the wok and fry for few seconds
4. Add half of the lamb and fry for few seconds
5. Add soy sauce and fry for 1 minute
6. Add half of the liquid saved from earlier into the wok
7. Bring to the boil
8. Add half of the spring onion and half of the coriander
9. Add salt to your taste
10. Transfer to a bowl and keep it warm

For the yang part of the soup:

1. Place half of the liquid into a wok
2. Add the ground white pepper...the other half of the ginger and stir
3. Add rest of the lamb Bring to the boil
4. Add the green chilies, rest of the spring onion... and coriander
5. Add salt to your taste and stir transfer into a bowl

Serving this yin-yang lamb soup with layered pancakes if you like.