



Stuffed Fish Maw Soup with Prawn Balls

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 30 mins

Cooking Time: 40 mins

Ingredients

Prawn Balls

750ml Water

1 Salted Egg White

500g Fresh Sea Prawns

1 Tablespoon Corn Flour

A Pinch White Pepper

Soup

1.5L Chicken Stock

2 Medium Sized Fish Maw

8 Fish Balls

8 Mushroom Balls

100g Napa Cabbage

300g Minced Pork

1 Tablespoon Corn Flour

2 Tablespoons Light Soy Sauce

2 Tablespoons Sesame Oil

A Pinch Salt

A Pinch White Pepper

To Garnish Fresh Coriander Leaves

To Garnish Fried Garlic

To Garnish Red Chilli

1. Methods for Prawn Balls

Step 1

Peel and remove the veins of the fresh sea prawns.



Step 2

Using a hand blender with the pulse function, roughly mince the prawns.



Step 3

Place the minced prawns in a mixing bowl, and add in white pepper, corn flour and salted egg white, Mix well, and beat the paste into the bowl to compact the paste.



Step 4

Ball the paste using a tablespoon to your desired size and place the prawn balls into a bowl of water.



2. Methods for Soup

Step 5

5. Cut Napa cabbage into smaller pieces.



Step 6

Soak fish maw in a bowl of water and then cut into sizes of about 3cm thick.

Tip: This softens the fish maw and allows easy stuffing of the meat.



Step 7

In a medium sized mixing bowl, add in minced pork, white pepper, corn flour, sesame oil, and light soy sauce. Mix well, and beat the minced meat into the bowl a few times.



Step 8

Stuff minced pork into the fish maw and set aside.



Step 9

Boil the chicken stock, and add in the prawn balls, stuffed fish maw, mushroom balls and fish balls. Once boiling again, add in the Napa cabbage.



Step 10

Season with salt and pepper and let the soup boil.



Step 11

Enjoy with fresh coriander leaves, red chilli slices and fried garlic!

