



November 2021

Pork Rib and Lotus Root Soup

Stay warm this season with nourishing and wholesome homemade soups, like ones made by mom. Pork rib and lotus root is a classic Chinese combination with simple ingredients that develop beautiful, deep flavors over several hours of simmering. Truly a comfort food that only gets better and better with reheating!

3-5

HOURS

6

SERVINGS

7

INGREDIENTS

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SPICE LEVEL

Pork Rib and Lotus Root Soup

INGREDIENTS

- 2 lb pork ribs
- 1 lb carrots
- 1 c dashi kombu (dried kelp)
- 1 c rehydrated wood ear mushrooms
- 3-4 ginger slices
- 3 tbsp salt
- 1 lb lotus root

DIRECTIONS

1. Soak ribs in cold water for at least an hour prior to cooking to clean the meat.
2. While ribs are soaking, prepare the other ingredients: rehydrate wood ear mushrooms and wash, peel, and slice lotus roots and carrots into thick slices.
3. Once ribs are done soaking, rinse and blanch: bring a large pot of water to a boil and add in ribs. Bring water back to a boil and cook for 1 minute. Drain and rinse thoroughly.
4. To start the soup, add all the prepared ingredients to a large, clean pot: pork ribs, vegetables, herbs, and kombu. Add water until all ingredients are covered.
5. Bring soup to a boil before turning it down to a slow simmer. Cover and let it simmer for 2 to 4 hours (the longer the better!)
6. Add salt to taste. Remove kombu before serving. Enjoy!

SCAN TO SHOP



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