

KITAZAWA SEED CO.

R E C I P E S

Winter Melon Soup

A simple soup delicious served during cold winter months. Winter melon is mild flavored with a crunchy melon texture.

- Winter Melon
- Diced beef, chicken or pork
- Mushrooms, water chestnuts, green onions, carrots, etc.
- Chicken broth
- Egg (optional)
- Seaweed (optional)

Cut winter melon in half and scoop out the stringy portion and seeds. Peel the skin and cut into large chunks. Slice mushrooms, water chestnuts, green onions, etc. Sauté ground or diced meat being used for flavoring. Add the chicken broth and bring to a boil. Add the melon and all the vegetable ingredients. Bring to a boil and simmer 15-20 minutes until melon is tender. Add soy sauce to taste. May add seaweed and/or a slightly beaten egg. Stir until it egg is cooked.