

# Calendula Hot & Sour Soup

Makes 8 servings

## For the Stock:

1 Onion, chopped  
3 ribs Celery, chopped  
2 Carrots, chopped  
3 Bay Leaves  
5 Peppercorns  
2 pieces Astragalus  
2-in piece of ginger, thinly sliced  
1 Cayenne Pepper  
1 cup loosely packed Calendula flowers  
1/2 cup fresh or 2 Tbsp. Dried Lovage  
1 cup dried mushrooms  
1 head of garlic broken up, cloves slightly crushed

Place all ingredients in a large pot and cover with **COLD** water. Bring to a boil and simmer, covered for 2 hours. Strain out solids and reserve liquid. Keep hot.

## For the Soup:

2 Tbsp Sunflower or Canola Oil  
2 pounds Shrimp, peeled and deveined  
1 pound extra-firm Tofu, diced  
1 can (14 oz) bamboo shoots  
7 oz (2 packages) Maitake mushrooms, stems removed and broken into small pieces  
7 oz Shiitake Mushrooms, stems removed, and thinly sliced  
1/2 cup dried Wakame seaweed  
3 Tbsp or so Sriracha Sauce  
1/4-1/4 cup Rice Wine Vinegar  
1/2 tsp. Chili Oil  
1/4 cup Soy Sauce  
A few Calendula petals for garnish

## To Make the Soup:

Heat a large pot on high and brown the mushrooms in Sunflower oil. Add the Stock and bring to a simmer. Drop in Shrimp and cook about 4 minutes. Add Tofu, bamboo shoots, and wakame. Season to taste with soy sauce, rice vinegar and sriracha. Serve garnished with chili oil and calendula petals.