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How to Make Regent Soup

Regent Soup is an easy to make treat that you and all your guests will love. It got its name from being the favorite staple of the most senior student of the Tibetan Buddhist guru, Chogyam Trungpa, who was referred to as the guru's regent. As the regent travelled from city to city in the U.S. in the 1970s and early 1980s, giving lectures on Tibetan Buddhism, the students who volunteered to act as his servants all studied how to make this soup before he arrived in their cities. The regent loved this soup so much, that sometimes he even ate it for breakfast.

Things You'll Need

A very large pot for the soup

A steamer for the shrimp. This doesn't have to be anything expensive or fancy; you can use a simple piece that is inserted into a plain cooking pot for steaming.

Large cans of **Swanson's chicken broth**, one for every three diners

Ground pork, one pound for every three diners

Fresh large sized shrimp or prawns - five per person

Salt

Garlic

A small bottle of toasted sesame oil

Instructions

1. Buy several large cans of Swanson chicken broth. Figure that one large can serves three people; however, bear in mind that people may want seconds, so be sure to get extra. The regent always said that Swanson's was the best, so that is the brand which is used in this recipe. Also buy ground pork, one pound for three people and large, fresh shrimp or prawns, five per person.
2. In a large saucepan, sauté the ground pork. Add salt and garlic, and when the pork is done, sprinkle a few drops of toasted sesame oil. Be sure to sauté the pork until it is well cooked.
3. At the same time as you are sautéing the pork, rinse the fresh shrimp and place them in a steamer. Steam them until they turn pink; then remove them from the heat.
4. Now pour the Swanson's chicken broth into a pot, heat it to boiling and add the sautéed pork and steamed shrimp. Reduce the heat and let it simmer for three or four minutes.
5. Turn off the heat and add a few drops of toasted sesame oil just before serving.

Tips & Warning

Be sure not to overcook the shrimp. Steaming for three minutes is sufficient, especially since you will be cooking them again later in the broth.