



LES STROUD'S
WILD HARVEST

Sweet & Sour Rock Tripe Soup By Chef Paul Rogalski



Serves 4-6

Rock tripe is a bit like asphalt shingles. It has a dark, almost black, rough upper side and the underside is smooth and dark green. The texture is a bit rubbery, similar to seaweed. I cut it into thin noodles and used it to flavor and garnish the soup. The sweet fern really enhanced the flavor of this broth. It was a perfect addition and helped establish a balanced flavor profile.

To cook this soup, you will need a wok or large pot that can be placed directly over a fire. Cooking over an open fire is simple, but you need to manage and leverage the heat of the fire effectively. You will need a sturdy grill that you can set up directly over the fire and is strong enough to handle the weight of your wok or pot.

2 cups of rock tripe, thinly sliced
1 cup of yellow onion, diced
1 clove of garlic, chopped
1 cup of celery, diced
1 quart of water, vegetable or poultry stock
1/2 cup of sweet fern leaves
1 cup of soy sauce
1 cup of vinegar
1 cup of brown sugar
A sprinkle of salt

In a large pot, add rock tripe, onions, garlic and celery and water or stock. Bring to a simmer, add the sweet fern leaves and cook for an additional 5-10 minutes or until vegetables are somewhat soft. Stir in soy sauce, vinegar and brown sugar. Season to taste with salt. Serve hot.