

Thai Chicken & Chile Soup

Red Hot Chile Pepper, consulting editor Jenni Fleetwood

Our friend, Russ B.



Rich with coconut milk, chicken and mushrooms.

4 stalks lemongrass, trimmed

29 ounces coconut milk

2 cups chicken stock

1 piece galangal

2 small red Thai chiles (small and very hot)

10 whole peppercorns, crushed

10 whole kaffir lime leaves, torn in pieces

11 ounces chicken breast, cut in thin strips

1 1/2 cups mushrooms, button or oyster, or your choice

1/2 cup baby corn, canned, drained, quartered lengthwise

4 tablespoons lime juice

3 tablespoons fish sauce, nam pla

GARNISH:

3 whole scallions, minced

4 tablespoons cilantro, minced

Serving Ideas: Serve in a colorful bowl (dark colored preferable) with a side of white rice.

Servings: 6

1. Cut off the lower 2 inches of each lemongrass stalk and chop those. Bruise the remaining lemongrass.

2. Bring coconut milk, lemongrasses and chicken stock to a boil. Meanwhile, peel and slice the galangal, and peel and mince the red chiles. Add galangal and HALF the chiles, peppercorns, half of the lime leaves to the soup mixture and simmer for 10 minutes. Strain this mixture into a clean pan. Heat, then add the chicken, mushrooms and corn. Simmer for 5-7 minutes. Add lime juice, fish sauce and remaining lime leaves. Bring back to a boil, then serve hot, garnished with the additional chiles, green onion and cilantro.

Per Serving (excluding unknown items): 472 Calories; 38g Fat (68.9% calories from fat); 14g Protein; 25g Carbohydrate; 4g Dietary Fiber; 28mg Cholesterol; 771mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 7 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>