

THAI coconut SOUP



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ELECTRIC PRESSURE COOKER

- 1 | Sauté onion, lime, lemongrass, ginger/galangal, turmeric and mushrooms in oil. Add remaining ingredients, secure lid, set to high pressure for 15 minutes. Release pressure and remove lid.
- 2 | If using shrimp or tofu, add after releasing pressure, then place cooker on sauté and cook for 2 minutes.

STOVETOP

- 1 | In a soup pot over medium heat, sauté onion, lime, lemongrass, ginger/galangal, turmeric and mushrooms in oil. Add remaining ingredients, cover and cook on low for 30 minutes.
- 2 | If using shrimp or tofu, add at end for 2 minutes.

BOTH METHODS

- 3 | Remove lemongrass, galangal/ginger and kaffir leaves before serving. Top with garnishes of choice.

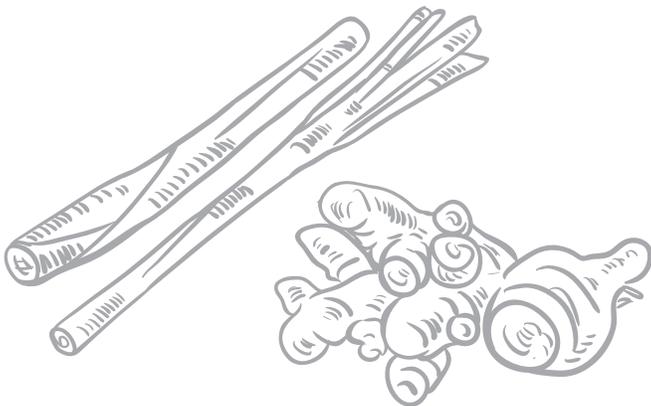
HEALTH TIPS

Coconut can nourish and invigorate the body and promote contentment and satisfaction in the mind due to its sweet taste, full of protein and minerals.

Galangal, known as “the spice of life,” and ginger are beneficial to assist in digestion, as well as fight inflammation.

Lemongrass has been used to fight flus and colds.

Chilis improves heart health, balances insulin and glucose levels.



Serves four as a starter

- 1 Tbsp coconut oil
- 1/2 cup onion thinly sliced
- 8 kaffir lime leaves or peel from one lime
- 1 stalk lemongrass, sliced and crushed
- 2" piece galangal or thinly sliced ginger
- 1/2 tsp. turmeric powder or 1" piece fresh turmeric
- 1 cup sliced mushrooms
- 1 cup broth (your choice)
- 2 Tbsp. fish sauce
- 1 cup raw chicken, shrimp, or cubed firm tofu (optional)
- 2 whole thai chilies OR 1-2 Tbsp. chili garlic sauce (sambal olek) OR 2 Tbsp. Thai red chili paste, more or less to taste
- 2 cans (13.5 oz.) full-fat coconut milk
- 2 Tbsp. coconut sugar

PANTRY TIPS

Garnishes are endless, stay with what's seasonal. Think of sliced cherry tomatoes, chopped cilantro, chopped peanuts, sliced jalapeño, bean sprouts, fresh mint, fresh basil (thai or regular), thinly sliced lime, lime juice ... along with some toasted coconut and SEASONing Sprinkle for texture and taste.

Drop in some cooked rice noodles to make a complete meal.

Add turmeric, more ginger and garlic for Asian cold and flu remedy.