

Asian-Thai Inspired Soup

This Thai inspired soup has the classic flavors of coconut, chilis, lemon grass and Asian spices. The broth is easy to prepare and you'll have the opportunity to sharpen your knife skills as you perfect the classic 'julienne' cut on several different types of vegetables which add that 'noodle' quality to the soup.

Yields: 6 cups

NMB BL

Broth Ingredients:

3-4 large stalks celery rough chopped (about 3 cups)

1 large cucumber peeled and rough chopped (about 4 cups)

2½ cups coconut water (the water from 2 young Thai coconuts)

3 Tablespoons lemon juice

2 Tablespoons fresh lemon grass chopped (about one small lemon grass stalk)

Broth Directions:

Add ingredients to high speed blender and blend until smooth, about 1 minute. Place ***More than a Nut Milk Bags*** over a large pitcher and strain blended mixture through one or two bags. Return broth to the blender once strained.

Soup Ingredients:

2 Tablespoons white miso

½ teaspoon Asian Spice Blend (page 20)

Add to the broth and blend until spices are fully incorporated.

Noodle Ingredients:

1 cup mung bean sprouts

1 cup kelp noodles rinsed and soaked to soften – cut into 1½ to 2 inch long pieces

1 avocado julienned (cut in thin strips)

½ cup carrot julienned in 1" long pieces (use a julienne peeler)

½ cup baby bok choy thinly sliced strips cut into 1-inch long pieces

½ cup shiitake mushrooms thinly sliced

¼ cup snow peas thinly sliced strips

¼ cup hijiki soaked to soften, strain before adding to soup

spicier soup

Add 1 **Thai chili pod** cut in half and de-seeded or **one eighth teaspoon cayenne**. To prepare Thai chili-pod:
Submerge chili pod into the soup mixture for 5-10 minutes.
Promptly remove as the chili is very hot and will continue to carry its spice over into the mixture the longer it sits.

Noodle Directions

Prepare vegetables and hand fold into the soup base.
Serve chilled, or at room temperature.

Options:

Coconut meat can also be used for noodles. Thinly slice (julienne) the meat of one young Thai coconut and cut strips into one inch pieces. Fold these in with the other 'noodles.'

