



Cooking Instructions

Tom Kha Soup - Chicken

Larder Essentials

Chicken Breast/thighs 50g-75g per person
3 Oyster mushrooms or 4 small closed cup button mushrooms per person
½ large tomato or 3 cherry tomatoes per person
½ medium onion per person
Salt
Coriander leaves.
150g coconut milk per person.
½ lime or lemon per person.

Kit Contents

Sachets of Galangal,
Lemon grass,
Lime leaves,
Dried chillies,
Fish sauce (traditional only).

Introduction

This is generally a mild to medium spiced soup. The weight of chicken per person in the shopping list is only a guide as I buy chicken from my local butchers as they tend to be bigger and better. I allow for either 1 thigh or 1/3 chicken breast per person for this soup as a starter.

If you cannot get oyster mushrooms (some large supermarkets stock them in the veg section) use closed cup mushrooms because if they are open, the black gills can discolour the soup when cooked.

Serve everything from the pot including the galangal and lemon grass but advise guests not to eat them, although they are completely safe to eat, they are a bit woody to say the least.

Preparation

1. Slice the chicken into similar bite size slices or cubes.
2. Slice cherry tomatoes into halves or large tomatoes into quarters.
3. Halve the onions and slice thinly.
4. Slice the galangal stick into thin slices.
5. Slice each piece of lemon grass into 2 pieces.
6. Slice the mushrooms in half.
7. Soak the chillies in hot water for 10 minutes, remove and drain then chop into large pieces.
8. Tear off about 5-10g of coriander leaves.
9. Fold the lime leaves in half along the stem and pull the stem away from the leaf.
10. Extract the juice from the limes or lemons.

Lime Sauce:

Put about a tablespoon of lime or lemon juice per person into a bowl. Add some fish sauce to the bowl, a teaspoon at a time, until the final taste is a sharp but salty lime/lemon flavour.

Serving Options:

If you are serving in individual bowls, put about a tablespoon of home made lime sauce into each bowl.

or

If you are serving in one bowl so people can serve themselves, add about one tablespoon (per person) of the home made lime sauce to the serving bowl of soup, tasting in between each spoonful.

Method

1. Add all sliced onions, galangal, lemongrass and lime leaves to the coconut milk in a pot and bring to the boil.
2. Reduce to a simmer and add the chicken pieces and stir.
3. Simmer for 5 minutes.
4. Add the mushrooms and chopped tomatoes.
5. Add some of the sliced chilli, stir and allow to simmer for a minute. Taste and repeat until it reaches your preferred level of heat. You just want a hint of heat.
6. Turn off the heat when the chicken is cooked.
7. Stir in the coriander leaves.
8. Depending how you intend to serve your soup, add the lime sauce as per the Serving Options above.
9. Serve immediately.