



Cooking Instructions

Tom Yum Soup - Seafood

Larder Essentials

1 sea bass fillet or 4 shelled uncooked prawns per person
2 Oyster mushrooms or 3 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 stock 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 medium to hot spiced soup. This recipe is for a main ingredient of fish fillet and/or prawns, the only difference is when you put the main ingredient into the soup.

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

Preparation

1. Cut the fillets into 3 or 4 pieces. Or remove shell from the prawns
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, 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.
11. Prepare the stock.

Lime Sauce:

Put about a tablespoon of lime or lemon juice per person into a bowl. Add some salt 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. Bring the stock to a boil and add sliced onions, galangal, lemongrass and lime leaves.
2. Reduce to a simmer for 5 minutes.
3. Add the mushrooms and chopped tomatoes.
4. 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.
5. When the mushrooms and tomatoes look cooked, its time add the main ingredient.
6. If using cut fish fillets add to the soup now, bring to a boil for a minute and reduce to a simmer.
7. If using raw prawns, add to the simmering soup and turn off as soon as they have turned pink. If using cooked prawns, add to the soup long enough to warm them through otherwise they will turn rubbery in texture.
8. Turn off the heat.
9. Stir in the coriander leaves.
10. Depending how you intend to serve your soup, add the lime sauce as per the Serving Options above and serve immediately.