

Category of dish Lunch or dinner – Medium calories Cooking accessories Heavy based large pot for chicken, mortar & pestle or spice grinder

Tipps

Grind the spices, onions and garlic as fine as possible and then very slowly caramelise these ingredients in a frying pan over a low heat until it turns from yellow to a light yellowish brown. Also, use the freshest ingredients, ideally organic, free range produce. Furthermore, a home made stock is the soul of your dish, so don't scrimp on effort in that department. Stock cubes often have a lot of artificial enhancers which will cover up the freshness of all your other ingredients.

For 4 servings

INGREDIENTS

1 Organic chicken
20 g ginger
20 g garlic
200 g brown onions
150 g spring onions
10 g turmeric
10 g coriander seeds
10 g djahe
50 g lemongrass

100 g santen (coconut milk) 100 g glass noodles 200 g pakchoi 100 g beansprouts Packet of sprouts

> 10 eggs 500 g new potatoes

kaffir lime leaves (bag full) limes

1 bird's eye chili

celery

Drink accompaniment

lced ginger, lime and soda drink with sweet thai basil

PREPARATION

- Wash chicken in cold water and pat dry.
- 2. Heat a little oil in a heavy bottom pot & sauté the whole chicken for 5 minutes.
- 3. Add water, lemongrass, lime leaves, celery, salt & half the garlic. Bring to a boil over medium-high heat, then reduce to a simmer for 30 minutes, until the chicken is cooked through.
- 4. Remove the chicken from the broth and set aside.
- 5. Remove skin and debone. Cut the meat into strips. Set aside.
- 6. Using a mortar & pestle or a spice grinder and food processor, blend the onions, ginger, galangal, turmeric, cumin seeds, coriander seeds, peppercorns, the remaining lemongrass, and garlic until obtaining a smooth paste and set aside.
- 7. Peel and boil the potatoes, set aside.
- 8. Cook 1 egg per serve, set aside.
- 9. Slice springs onions, set aside.
- 10. Slice bird's eye chili.
- 11. In a heavy based pan, heat a little oil and caramlize the paste until it's golden.
- Add the birds eye chili and sauté together with the paste for another 3 minutes over medium heat, stirring constantly.
- 13. Add broth, lime juice and coconut cream.
- 14. Bring to short boil, reduce heat to medium-low and simmer for another 5 minutes.
- 15. Wash pak choi and shake dry.
- 16. Add the noodles and pakchoi to the soup until the noodles are cooked.
- 17. Divide the potato halves, noodles, pakchoi, egg and chicken into each bowl.
- 18. Finally, pour the broth into each bowl and garnish with a sprinkling of slices spring onions & fresh sprouts.