



Thai-Style Vegetable Soup

Yield: 4 servings

Ingredients:

- 1 tablespoon canola oil
- 1 red bell pepper, cut into 1/2-inch dice (about 2/3 cup)
- 1 small yellow onion, cut into 1/4-inch dice (about 1 cup)
- 1 cup peeled carrots, halved lengthwise, and sliced crosswise into 1/8-inch slices
- 1 tablespoon minced fresh garlic
- 1 tablespoon minced fresh ginger
- 1 tablespoon Thai Red Curry Paste, or more to taste (I use the Mae Ploy brand)
- 1 can (14 ounces) unsweetened coconut milk
- 1 cup chicken stock
- 2 tablespoons Thai fish sauce
- 2 tablespoons (packed) brown sugar

- 1 cup cubed, peeled potatoes (1/2-inch cubes)
- 1 cup cauliflower florets
- 1 small zucchini, halved lengthwise, and sliced crosswise into 1/2-inch slices (about 3/4 cup)
- 1/4 cup thinly sliced fresh cilantro
- Grated zest of one lime
- Juice of 1 lime

Procedure:

Heat the oil in a large, heavy pot over medium-high heat. Sauté the pepper and onion until the vegetables begin to soften and color, about 5 minutes. Add the garlic, ginger, and red curry paste, and cook for 1 minute, stirring constantly. Add the coconut milk, stock, fish sauce, and sugar to the pot, and bring to a simmer. Meanwhile, heat a pot of salted water and add to it the diced potato. Cook until the potatoes are 80% done. Drain the potatoes and reserve the potatoes and the water. Again heat the water to boiling and blanch the cauliflower florets until they are al dente. A few minutes before you are ready to serve the soup, add the potatoes and reduce the heat to low. Simmer until the potatoes just begin to soften, about 5 minutes.

Add the cauliflower and continue to simmer, until the potatoes and the cauliflower are nearly done. Add the zucchini and cook until all the vegetables are crisp-tender. If the soup is too thick, add more stock or water to thin slightly. Stir in the lime juice.

Taste for seasoning. Ladle the hot soup into serving bowls and garnish with the cilantro.

Chef's Notes:

I like to blanch the veggies separately. This way I can control the texture of the soup while each vegetable retains its individual taste. Cauliflower cooked to a mush-like consistency is not appealing. Overcooked zucchini loses its color and texture.

To season just before serving consider using more fish sauce needs more salt. If it has too much lime, add a bit more brown sugar. You can substitute green curry paste.

Suggested additions: With the onion, add a Serrano chili. Chicken especially leftover rotisserie chicken can be added at the end or cooked shrimp can be added at the last moment allowing just enough time to heat thoroughly.

Adapted from a recipe by Earth Bound Farms