



THAI COCONUT-CURRY SOUP



GF



NF



SF



RSF



OF

ReShape.

THAI COCONUT-CURRY SOUP



4-6 servings



40-50 min



easy

Ingredients

Phase 1

7-8 lemongrass stalks
 20 g (4-5 cm) fresh ginger
 800 ml (2 cans) coconut milk

Phase 2

330 g oyster mushrooms
 200 g button mushrooms
 170 g shiitake mushrooms
 100 g (1 small-sized) carrot
 800 ml (2 cans) coconut milk
 30-50 g vegan red curry paste
 ½ tsp turmeric powder
 a pinch of salt

Phase 3

2 g (10 medium-sized) kaffir leaves
 70 g (2 medium-sized) shallots
 260 g (2 medium-sized) tomatoes
 15 ml (1 Tbsp) low sodium soy sauce or liquid aminos

Phase 4

400 g natural, firm tofu
 a bit of oil
 a few pinches of salt

150 g (2 small) red bell peppers

some lime juice
 some salt

400-600 g vegan udon noodles

Toppings

4 handfuls roasted & unsalted peanuts
 15 g fresh coriander
 1-2 limes

Instructions

1. Peel the lemongrass from the thick outer layer if it has one (do not waste it though - look Notes & Tips). Smash the lemongrass stalks rolling the glass over them or smash with the side of a knife. Thinly slice the lemongrass and set aside.
2. Clean the ginger and grate it using the small holes of the grater (no need to peel your ginger).
3. In a big pot place 2 cans of coconut milk, lemongrass and ginger and let it cook on medium heat.
4. In the meantime dry-clean all of the mushrooms and chop into smaller pieces. If some of them are small, leave them whole.
5. Clean the carrot and cut into thin strips.
6. Mix the red curry paste with some coconut milk to dissolve. The amount of the curry paste depends on the brand and your preferences, so start with less and add more if needed.
7. Once the content of the pot is simmering gently, add in the mushrooms, carrot, coconut milk, curry paste, turmeric, and salt. Let it cook on the medium heat.
8. In the meantime chop roughly shallots and tomatoes.
9. Once the content of the pot is simmering gently once more, add in the ingredients from the Phase 3. Reduce the heat to low and let it cook slowly for about 15 minutes partially covered with a lid.
10. If your noodles require cooking, do it now.
11. In the meantime cut the tofu & red bell peppers into thin strips.
12. On a non-stick pan heat a bit of oil and add the tofu strips sprinkling them with salt. Fry on each side until the tofu turns golden-brown and has a chewy texture. Repeat with the rest of the tofu.
13. Add the tofu and red bell peppers into the pot and let it slowly cook for another 5 minutes.
14. Taste the soup and add lime juice and salt to your taste.
15. Roughly chop the peanuts and coriander.
16. Cut the lime into wedges.
17. To serve place some udon noodles in a bowl(s), cover with the soup, and top with peanuts, coriander, and lime wedges.

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by Kate Bartel

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Notes & Tips

1. Lemongrass - use the lemongrass peels & bottoms to make the tea. You can brew them alone or with the addition of fresh ginger. You can add some lime juice or sweetener of your choice.
2. Red curry paste - make sure it's vegan and opt for the one with the best and natural ingredients. I used one that has a very simple list of ingredients: dried red chili, lemongrass, garlic, shallot, salt, kaffir lime skin, galangal, coriander seeds, and cumin powder. As you can see all of the ingredients are understandable and there are no crazy things added. Make sure you follow the instructions properly. The cooking process of this soup might be quite long, but it's well worth it!
3. Kaffir leaves - like bay leaves they give a great taste to the meal, but are not nice to eat - leave them in the soup, but just set aside while you eat it and discard later.
4. Make sure you use good quality coconut milk from a can, not the thinned version from the box to use with cereals.
5. Skip the peanuts for a nut-free version.
6. Skip the tofu for the soy-free version. You can replace it with seitan strips.
7. Use rice or gluten-free noodles for a gluten-free version.