

Now you can make your own Malaysian Chicken soup



This soup relies upon a rendang curry paste for its aromatic and spicy flavour.

Rendang curry paste originated from the Padang region of Western Sumatra. The local inhabitants use it to tenderise the tough local buffalo meat! It's delicious and can be used as a base in a wide variety of Malaysian and Indonesian soups and steus.

This recipe serves about 4 so invite your friends over and get cooking! It's delicious served with fat rice noodles.

INGREDIENTS

The paste

1/2 teaspoon of dried, red chilli flakes

2 cloves of garlic, finely chopped

A 2cm square block of galangal (aromatic fresh ginger), finely chopped

1 1/2 teaspoons of turmeric powder

2 medium sized red chillies (seeds removed) and finely chopped

1 stick of lemon grass, finely chopped

2 medium shallots, finely chopped

1 1/2 tablespoons of vegetable oil

The soup

1 litre chicken stock

2 medium potatoes, peeled and roughly diced

2 large, boneless chicken thighs cut into chunks

200ml coconut cream

1 large sweet potato, peeled and cut roughly into chunks

2 tablespoons of fish sauce (you can vary this amount to taste)

3 spring onions, sliced

Juice of a fresh lime

MAKING THE PASTE

1. Scatter the red chilli flakes into a large saucepan with 2 tablespoons of water and simmer for about 5 minutes making sure the water doesn't dry up.

2. Add the garlic, galangal, turmeric, red chillies, lemon grass, shallots and vegetable oil and gently fry for about 20 minutes, stirring now and again.

MAKING THE SOUP

1. Pour the chicken stock onto the paste and add the potatoes.

2. Bring to the boil and simmer for about 20 minutes (or until the potatoes are soft) and blend thoroughly.

3. Add the sweet potato, coconut cream and chicken and then simmer until the sweet potato is cooked (around 10 minutes).

4. Add the fish sauce, spring onion and lime juice and the soup is ready to serve.



PASSIONATE ABOUT FOOD