

Tom Kha Gai (Thai Coconut Soup)



Ingredients:

2 tbsp Coconut oil
4 cloves Garlic, chopped
Half of one red Jalapeño pepper sliced; or 1-3 Thai Chiles, halved
6 ¼" slices Galangal or Ginger
2 Lemongrass stalks, pounded with the side of a knife and cut into 2" long pieces
4 tsp red Thai Curry paste
8 cups Chicken broth
8 cups canned full-fat Coconut cream, unsweetened, or full-fat unsweetened Coconut milk
4 med Chicken breasts, cut into bite-sized pieces
15 oz white Mushroom caps, sliced
2½ tbsp Coconut sugar
3 tbsp Fish sauce plus more to taste
5 tbsp fresh Lime juice
5 green Onions, sliced thin
Fresh Cilantro, chopped, for garnish

Directions:

In a medium pot, heat the coconut oil over medium heat.
Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened.
Add chicken broth and bring to a boil.
Reduce heat and simmer uncovered for 30 minutes.
Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard.
Add in coconut cream or milk, chicken breast (or tofu or shrimp), and mushrooms.
Simmer until chicken breast pieces are just cooked through, then add fish sauce, coconut aminos (or coconut sugar), and lime juice, plus more of each to taste.
Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.