

RECIPES FROM SIAM

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Soup for Iftar

SPICY CHICKEN SOUP WITH COCONUT MILK

Ingredients

200g boneless chicken meat, cut into bite-sized pieces

1 cup button mushroom, quartered

1 tsp salt
4 cherry tomatoes
1 cup coconut cream
1 cup coconut milk
4/5 bird's eye chillies crushed
½ cup coriander, chopped

½ cup saw leaf coriander

Method

In a medium pot, add coconut cream, lemongrass, and galangal, and bring it to boil. Then add coconut milk, chicken and mushrooms. Cook for approximately 5 minutes until the chicken is done. Next, add the cherry tomatoes. Add sugar, salt, lime juice, chillies, saw leaf coriander, and fish sauce. Simmer for 1 minute, and serve with coriander leaves sprinkled on top.



4/5 lemongrass stalks, cut into 1 inch pieces

¼ cup galangal, sliced lengthwise

4/5 kefir lime leaves, torn

1½ tbsp fish sauce (formula 1)

3 tbsp lime juice

1 tbsp sugar

MUSHROOM SOUP WITH POACHED QUAIL EGG

Ingredients

2 tbsp olive oil
250g chicken thinly sliced

2 tsp garlic powder
250g enoki or any kind of mushroom
Salt and pepper
3 cups chicken stock
1 cup tomato cube
500gm bok choy
1 tbsp soya sauce
1 tbsp oyster sauce
1 tbsp white vinegar
1 tsp sugar
12 quail eggs (chicken egg also applicable, but reduced numbers)
½ cup coriander leaf

Method

Marinate the chicken with garlic powder, salt and pepper for 10 minutes. Sauté in olive oil for 4/5 minutes in medium heat. Add the Enoki or mushrooms. Sauté till there is no water left. In a soup pot, add the chicken stock and bring it to boil, then add the tomato and bok choy, soya sauce and oyster sauce. Let it simmer for 5 minutes. Add the sugar and vinegar, taste and adjust. Stir in the chicken, and gradually add the quail or chicken eggs, one by one. Remove from the heat after 2 minutes.

CLEAR SOUP WITH GLASS NOODLES, CHICKEN AND TOFU

Ingredients

100g glass noodles (soaked in water for 5

minutes, drained and cut into 1 inch pieces)

100g chicken, marinated

100g soft tofu in square bite-sized pieces

1 tbsp soya sauce

1 tsp salt

1 tsp sugar

¼ cup spring onion, chopped into 1 cm pieces

¼ cup coriander leaf, chopped

½ cup carrot

½ cup cabbage

Chicken marinade-

100g chicken, minced

2 tsp garlic crushed

2 tsp coriander root, finely crushed

¼ tsp white pepper powder

1 tbsp soya sauce

Mix all ingredients well

Method

Add 3 cups water in a soup pot on high heat, and bring to boil. Make the chicken mix into small balls using half a tablespoon of the mixture. Add the chicken balls into the boiling water. When the chicken balls are cooked, add soya sauce, salt and sugar. Add noodles and tofu and simmer for 1 minute. Sprinkle the coriander leaves, spring onion, carrots and cabbage.

Photo courtesy: Shaheda Yesmin



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