

Recipe from Sunday Supper on December 3, 2023

Head Chef Val LeGault, unit 223

Panang Curry Chicken Soup

This soup is cooked by smell as much as by taste. Taste will tell you when to adjust salt, acid, and cayenne pepper. Everything else is the aroma and the umami.

- Chicken (I like 1-2 lbs trimmed chicken thighs or chicken tenders)
- Essentials:
- 2 C Mirepoix
- or
- 1-2 Sweet Onion
- Celery & Carrots chopped to make about 2 C or a little more.
- 6 or more Garlic cloves
- Lime leaves (kafir lime leaves are best)
- 2 Tbsp or more "Thai and True" brand Panang curry paste
- 1-2 cans Coconut milk (prefer NOT light)
- 2-3 boxes Chicken broth or chicken stock
- 1/4 tsp Lemon Crystal Lite drink mix (the key to many kitchen successes)
- 2 Tbsp or more Garam masala blend
- 1/2 tsp Asafetida ground
- 1-2 Tbsp Cardamom ground
- 1 tsp Galangal ground
- 1/8-1/4 tsp Cayenne pepper
- Salt (or tamari/soy sauce) to taste

1. "Sweat" the mirepoix mixture in oil or ghee over low heat till carrots are soft.
2. Add chopped garlic.
3. Stir-in till smooth:
Coconut milk
Panang paste
4. Then add slowly and simmer:
Broth/stock
All other spices except salt/tamari
5. While soup simmers:
Thoroughly brown the lightly SALTED, trimmed and sliced CHICKEN before adding it to the soup.

Optional:

Some restaurants add cooked green beans.

SERVE with noodles, pasta or white or brown BASMATI rice (our favorite), or just as a soup.