

Recipe

BALINESE CHICKEN SOUP {SOTO AYAM}

THE GOODS:

- 1/3 cup peeled garlic cloves
- 1 cup sliced shallots
- 1/4 cup salted roasted macadamia nuts or blanched almonds
- 6 thin slices (the size of a quarter) fresh galangal or fresh ginger
- 1 teaspoon ground turmeric or 1 inch of fresh turmeric
- 2 1/2 quarts chicken broth (or veggie broth if vegetarian)
- 1 stalk (12 to 15 in.) fresh lemon grass
- 1 1/2 pounds chicken breasts (or tofu if vegetarian)
- 1 package thin rice noodles
- Salt and pepper
- 1 cup thinly sliced green onion
- 2 cups thinly sliced bok choy
- 1 cup shitake mushrooms
- 1 cup chopped fresh cilantro (to garnish)
- Lime wedges
- * optional red chili flakes, sambal, Asian red chili paste, or minced fresh hot chilies

THE METHOD:

Step 1

Add chicken thighs to broth. Cover, bring to a boil, then reduce heat to low and simmer until the chicken is no longer pink in center of thickest part (cut to test), 15 to 20 minutes. Add onions, veggies, mushrooms and any other creative additions. Simmer for a couple of hours to enhance the potency of the broth.

Step 2

In a food processor, combine garlic, sliced shallots, macadamia nuts, ginger (or galangal), lemongrass and turmeric. Whirl mixture to a paste, scraping container sides as needed. Feel free to add broth if needed, then whirl in a blender to a paste.

Boulder Nutrition