



Soups



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Tofu and Minced Pork Soup

Origin Central

Preparation time 10 minutes

Cooking time 15 minutes

Serves 2–3

7 oz/200 g ground (minced) pork

½ tablespoon Saam-gler (see page XX)

3 tablespoons soy sauce

2 cups (16 fl oz/475 ml) chicken or pork broth (stock)

1½ teaspoons salt

8½ oz (240 g) homemade egg tofu or medium-firm tofu

2 celery stalks, chopped

1 bunch of cilantro (coriander), leaves only, roughly chopped, to garnish

For the egg tofu

1¼ cups (½ pint/300 ml) soy milk

¼ teaspoon salt

3 eggs

To make the egg tofu, put the soy milk and salt into a bowl, stir to combine, then add the eggs. Use a fork or whisk to beat the eggs and milk together very gently. Try to avoid creating bubbles. Pour the mixture into a shallow dish to a depth of 1½ inches/4 cm. Put the dish in a steamer and steam over very low heat for 12–15 minutes until cooked and firm. Remove and cut into 1¼ x 1¼ x ⅝-inch/3 x 3 x 1.5-cm thick pieces. (This tofu can be stored in an airtight container in the refrigerator for 2–3 days.)

Put the pork and Saam-gler in a large bowl and mix well. Add 1 tablespoon soy sauce and mix again. Shape the mixture into small balls, then place on a plate, and set aside.

Bring the broth (stock) and 2 cups (16 fl oz/475 ml) water to a boil in a large pan over medium heat. Add the meatballs, reduce the heat slightly and simmer for 2–3 minutes until the meatballs float to the surface. Add the salt and the remaining soy sauce, stir, and then add the egg tofu and celery. Increase the heat to medium and cook for another 2 minutes. Ladle into soup bowls, garnish with cilantro (coriander) and serve.

Photo px



Tofu and Minced Pork Soup pxx



ต้มส้มปลากรอบ

Mullet Soup

Origin Central

Preparation time 10 minutes

Cooking time 12 minutes

Serves 3–4

1 x 2¼-inch/7-cm piece fresh ginger, peeled and sliced
3½ oz/100 g galangal, peeled and sliced
3½ oz/100 g lemongrass stalks, sliced
2 shallots, thinly sliced
1 x 1 lb 2 oz/500 g grey mullet, cleaned, descaled and cut into 1–2-inch/2.5–5-cm pieces
XX red bird's eye chiles, finely chopped
½ teaspoon salt
5 tablespoons mangrove palm vinegar, white vinegar, or tamarind juice

Bring 4 cups (1¾ pints/950 ml) water to a boil in a large pan. Add the ginger, galangal, lemongrass, chiles, and shallot, return to a boil, and cook for 5 minutes. Carefully add the fish and cook for another 5 minutes. Season with salt and vinegar. Ladle into soup bowls and serve.

ต้มปลาต้มขม

Fermented Fish and Jackfruit Soup

Origin West

Preparation time 10 minutes

Cooking time 15 minutes

Serves 4

1 shallot, chopped
1 large clove garlic, chopped
1½ oz/40 g fingerroot, chopped
¾ oz/20 g lemongrass stalks, chopped
1 broiled (grilled) fish, cut into bite-size pieces
3½ oz/100 g fermented fish
4¼ cups (1¾ pints/1 liter) coconut milk
11 oz/300 g pork side (belly), diced
2¼ lb/1 kg young jackfruit, cut into 1-inch/2.5-cm pieces
1 teaspoon salt
3 tablespoons fish sauce
scant ½ cup (3½ oz/100 g) palm or soft brown sugar
4 teaspoons tamarind juice
10 kaffir lime leaves

Pound the shallots, garlic, fingerroot, and lemongrass thoroughly in a mortar with a pestle until smooth. Add the broiled (grilled) fish and pound until combined.

Boil the fermented fish in a pan for XX minutes, then rinse and carefully remove the bones.

Bring the coconut milk to a boil in another pan over medium heat, add the pounded fish paste and the fermented fish, return to a boil, and add the pork. Return to a boil and add the jackfruit, then continue to boil for XX minutes until cooked. Add the salt, fish sauce, sugar, tamarind juice, and kaffir lime leaves and stir. Ladle into soup bowls and serve.

ปลาทุต้มเค็ม

Mackerel in Spicy and Sour Soup

Origin Central

Preparation time 5 minutes

Cooking time 10 minutes

Serves 3–4

4–5 cups (1½–2 pints/950 ml–1.2 liters) chicken broth (stock)
¼ teaspoon salt
1 lemongrass stalk, crushed and sliced
4 kaffir lime leaves, torn
3 cloves garlic, roughly pounded
3 tablespoons fish sauce
3 tablespoons lime juice
5 x 14 oz–1 lb 2 oz/400–500 g horse mackerel, cleaned and descaled
10 green and red bird's eye chiles, sliced
2 tablespoons chopped cilantro (coriander)

Bring the broth (stock) to a boil in a large pan over medium heat. Add the salt, lemongrass, and kaffir lime leaves, and garlic and boil for 2–3 minutes. Add the fish sauce and lime juice, then stir and increase the heat to high. Add the mackerel and return to a boil without stirring, then reduce the heat to medium–low and cook for another 2–3 minutes. Add the chiles and cilantro (coriander) and stir. Ladle into soup bowls and serve hot.

ต้มส้มปลากุ

Sweet and Sour Mackerel Soup

Origin Central

Preparation time 10 minutes

Cooking time 10 minutes

Serves 2–3

3 cilantro (coriander) roots, chopped
2 teaspoons salt
1 teaspoon shrimp paste
4 shallots, chopped
3½ cups (1¾ pints/800 ml) fish broth (stock) or water
4 tablespoons tamarind juice
1 tablespoon granulated sugar
1 tablespoon fish sauce
5 small whole mackerels, cleaned and descaled
1 x 1-inch/2.5-cm piece fresh ginger, peeled and julienned
¼ cup (1 oz/25 g) chopped scallions (spring onions)
5 dried red chiles

Pound the cilantro (coriander) roots, salt, shrimp paste, and shallots together in a mortar with a pestle.

Bring the broth (stock) or water to a boil in a large pan over medium heat. Add the pounded mixture, stir, and return to a boil. Add the tamarind juice, sugar, and fish sauce and return to a boil. Add the mackerel and cook for about 10 minutes. Add the ginger and scallions (spring onions) and stir. Ladle into soup bowls, sprinkle with the dried chiles, and serve.





Sea Bass in Herb Soup pxx

ปลากระพงต้มสมุนไพร

Sea Bass in Herb Soup

Origin South

Preparation time 10 minutes

Cooking time 6 minutes

Serves 3

2 tablespoons fish sauce
½ tablespoon shrimp paste
4 shallots, chopped
3 cloves garlic, chopped
2 tablespoons tamarind sauce
1 teaspoon palm or soft brown sugar
1 lb 2 oz/500 g sea bass fillets, cut into bite-sized chunks
20 sweet basil leaves
20 star gooseberry leaves
20 hairy basil leaves

Bring 2 cups (16 fl oz/475 ml) water to a boil in a large pan. Add the fish sauce, shrimp paste, shallot, and garlic and return to a boil. Add the tamarind sauce and sugar and return to a boil, then add the sea bass and cook for about 3–5 minutes. Remove from the heat and add the sweet basil, star gooseberry, and hairy basil leaves. Ladle into soup bowls and serve.

Photo xx

ปลากระพงต้มกระเทียม

Sea Bass Soup with Cardamom Shoots

Origin Central

Preparation time 10 minutes

Cooking time 10 minutes

Serves 4

1 x 1 lb 2 oz/500 g sea bass fillet, cut into 1½ inches/4-cm pieces
7 oz/200 g Siam cardamom shoots, cut into ½-inch/4-cm lengths
7 oz/200 g salacca (snake fruit), peeled
2–3 kaffir lime leaves, torn
1 tablespoon fish sauce
1 teaspoon lime juice
3–5 green bird's eye chiles, chopped
1 small handful of cilantro (coriander), chopped

Bring a large pan of water to a boil and add the sea bass, cardamom shoots, and salacca (snake fruit). Return to a boil and add the kaffir lime leaves, fish sauce, lime juice, chiles, and cilantro (coriander) and cook for XX minutes. Ladle into soup bowls and serve.



หมี่ต้มยำ

Hot and Sour Soup with Egg Noodles

Origin South

Preparation time 10 minutes

Cooking time 15 minutes

Serves 1

2 slices (00 oz/00 g) sea bass, skinned
3½ oz/100 g egg noodles
4 slices galangal
2 kaffir lime leaves, torn
1 lemongrass stalk, chopped
2 shallots, halved
2 straw mushrooms, halved
1 tomato, quartered
1 x 00 oz/00 g squid, tentacles removed and tube cut in half
2 uncooked shrimp (prawns), peeled and deveined, tails still intact
1 tablespoon chili paste, roasted
1 teaspoon salt
¼ lime, squeezed
1 teaspoon fish sauce
3 tablespoons milk
1–2 sprigs cilantro (coriander)

Rinse the sea bass and pat dry with paper towels. Pour enough water into a large pan to cover the sea bass by about 1 inch/2.5 cm and bring to a boil. Put the fish into the water and reduce the heat to low. Simmer for XXX minutes until cooked. Drain.

Meanwhile, cook the noodles in a pan of boiling water for 1 minute, then drain, put in a serving bowl, and set aside.

Mix the galangal, lime leaves, lemongrass, shallots, mushrooms, tomato, squid, shrimp (prawns), and fish together in a large pan. Add the chili paste, salt, lime, fish sauce, and milk. Pour in 1½ cups (12 fl oz/350 ml) water, bring to a simmer and cook for 10 minutes or until hot. Pour the soup over the noodles, garnish with cilantro (coriander), and serve.

ข้าวต้มปลากะพง

Sea Bass and Rice Soup

Origin Central

Preparation time 10 minutes, plus soaking time

Cooking time 15 minutes

Serves 3

5 dried shiitake mushrooms
2 cups (16 fl oz/475 ml) chicken broth (stock)
2 thin slices galangal, pounded
XX cloves garlic
1 teaspoon ground black pepper
1 x 11-oz/300-g sea bass, cleaned, filleted, and cut into 1¼–1½-inch/3–4-cm slices and bones reserved
1 tablespoon soy sauce
1 teaspoon fish sauce
1½ cups (9¼ oz/260 g) cooked rice
¼ cup (1¼ oz/30 g) chopped Chinese celery
¼ cup (00 oz/00 g) Fried Garlic (see page XXX)
2–3 scallions (spring onions), chopped
1 handful of cilantro (coriander), chopped
1 x 2-inch/5-cm piece fresh ginger, peeled and julienned

Soak the shiitake mushrooms in a bowl of hot water for 30 minutes, then squeeze to drain and cut into quarters.

Bring the chicken broth (stock) and 1½ cups (12 fl oz/350 ml) water to a boil in a large pan over high heat. Add the galangal, garlic, black pepper, and the fish bones and boil for 4–5 minutes without stirring. Strain through a fine strainer (sieve) into a clean pan. Return to a boil over medium heat, then add the soy sauce, fish sauce, and shiitake mushrooms and stir a couple times. Return to a boil again, then add the sea bass. Cook for 2 minutes, without stirring, or until the fish is cooked. Add the rice and celery and boil for another 1–2 minutes. Ladle into soup bowls and garnish with the Fried Garlic, scallion (spring onion), cilantro (coriander), and ginger and serve.

ต้มส้มปลาแซลมอน

Salmon Sour Soup

Origin South

Preparation time 10 minutes

Cooking time 8 minutes

Serves 1

generous 1 cup (9½ fl oz/275 ml) fish or chicken broth (stock)
2 shallots, crushed
1½ oz/40 g salmon fillet, cut into ½-inch/1-cm thick slices
1 x 1-inch/2.5-cm piece fresh ginger, peeled and julienned
1½ teaspoons tamarind juice
½ tablespoon palm or soft brown sugar
1½ tablespoons fish sauce
1 scallion (spring onion), cut into ¾-inch/2-cm long pieces
2 dried red chiles, to garnish

For the paste

¼ teaspoon black peppercorns
2 shallots, chopped
¼ teaspoon shrimp paste
1 cilantro (coriander) root, chopped

To make the paste, pound the black pepper, shallots, shrimp paste, and cilantro (coriander) root in a mortar with a pestle until smooth, then set aside.

Bring the broth (stock) to a boil in a large pan over medium heat. Add the paste and crushed shallots and boil for XX minute. Add the salmon and ginger, return to a boil, then reduce the heat and simmer for 1 minute. Add tamarind juice, sugar, and fish sauce, then add the scallion (spring onion). Ladle into a soup bowl, garnish with the dried chiles, and serve.

แกงเผ็ดปลาสีฟัก

Spicy and Sour Fish and Vegetable Soup

Origin South

Preparation time 15 minutes, plus soaking time

Cooking time 10 minutes

Serves 6–7

juice of 2 limes, strained
1 lb 5 oz/600 g mixed vegetables or fruit, such as young papaya, young coconut meat, ripe banana, pineapple, pickled bamboo
2¼ lb/1 kg sea bass, mullet, or king mackerel fillets, cut into 1–2 inch/2.5–5-cm pieces
1 tablespoon salt
1 tablespoon palm or soft brown sugar

For the chili paste

3 oz/80 g dried red chiles, soaked and chopped
3 oz/80 g red bird's eye chiles, chopped
1½ oz/40 g turmeric
1 garlic bulb, cloves separated and chopped
3 shallots, chopped
1½ tablespoons shrimp paste

To make the chili paste, soak the dried chiles in a bowl of boiling water for 20 minutes or until rehydrated, then drain and chop.

Pound the dried and fresh chiles, the turmeric, garlic, and shallot in a mortar with a pestle. Add the shrimp paste and mix until thoroughly combined.

Bring 3½ quarts (7 pints/4 liters) water to a boil in a large pan. Add the chili paste and lime juice, return to a boil, then add all the vegetables. Return to a boil again and add the fish. Cook for XXX minutes. Season with the salt and sugar, ladle into soup bowls, and serve.

