



A Coconut broth, rich with flavors for garlic, ginger, lemongrass and of course coconut, is on of my favorite things to make. Quicker than most other soups and broths.

Coconut broth, like most Thai inspired recipes, is simple, quick to make, yet oh so rewarding. I love Thai food and so does my family. When people talk about Chicken Soup as being the quick cure for a cold or flu, I say NOT.

Have you ever tried a bowl of steaming hot and spicy Tom Yum Goong?

Once you have made the broth, you can literally take your own spin on it. Add shredded leftover chicken, mussels, prawns or just vegetables. Today we have added Three Streams Cold Smoked Trout to our broth.

serves 4

Ingredients

1-2 cloves garlic - finely grated
a thumb-size piece ginger - peeled and grated
1 T/15 ml coconut oil
2 T/30 ml red curry paste
2 sticks lemon grass
juice and zest of 1 lime
fish sauce for seasoning - I used about 1 T
250 g baby mushrooms
a small red chili
1 tin coconut cream
about 300 ml fish or chicken stock
juice of 1 lime
120 g Three Streams Cold Smoked Trout - cut half the trout in tiny pieces and half in long thin ribbons.
fresh coriander
baby pea shoots
a few snap peas

Method

In a wok or pan, add a little coconut oil. Add the garlic and ginger and sauté for 1 minute. Toss in the mushrooms and sauté them to brown slightly. Add the curry paste, chili and lemongrass and stir.

Now add the coconut cream and stock and cook to reduce. Taste for seasoning and add the fish sauce and lime juice to taste. Add the small trout pieces and stir.

Serve the coconut broth in small bowls with fresh coriander, the thin trout ribbons and a few snap peas and pea shoots.