

Thai Turkey Soup with Coconut Milk and Galangal

Yield: 4 Portions



Ingredients:

- 1 tbsp vegetable oil
- 1 shallot, thinly sliced
- 1/2 tsp garlic, minced
- 1 tbsp lemongrass, minced
- 1 tsp red chile flakes, dried
- 1 tsp chile paste, ground
- 1 galangal, 1-inch piece, cut slices size of quarter
- 3 cups chicken stock
- 2 tbsp fish sauce
- 1 tsp sugar
- 2 cup coconut milk, unsweetened
- 1/3 lb turkey breasts or thighs, boneless, skinless, 1/2-inch dice
- 1 cup mushrooms, straw or white, sliced
- 1 cup tomato, red, ripe, wedges
- 1/2 tbsp lime juice
- 2 kaffir lime leaves
- 6 cilantro sprigs

Directions:

1. Heat the oil in a saucepan over medium heat until moderately hot. Add the shallot, garlic, lemongrass, chile flakes, galangal and chile paste and brown slightly, about 30 seconds. Working quickly and without burning the spices, add the coconut milk, stock, fish sauce, and sugar. Bring to a boil and add the turkey, mushrooms, and tomato. As soon as it comes to a second boil, turn off the heat and add the lime juice and torn lime leaves and serve immediately. Garnish with the cilantro.

Recipes developed by The Culinary Institute of America as an industry service to the National Turkey Federation.