

Thai-style Chicken Noodle Soup

This is from *Waitrose Food* magazine where it was just called *Chicken Noodle Soup*. I suspect this is fusion food but the influences look very reminiscent of Thailand so this is my title. In any event, it looked interesting enough to try and more like a meal in a bowl.

Planning

serves:	4
prep time:	15 mins
cooking time:	

Ingredients

1 modest free range chicken
8 black peppercorns
2 stalks lemongrass,
squashed
60g fresh ginger, sliced
20g fresh ginger, finely
chopped
1 bunch spring onions,
trimmed
6 cloves garlic, peeled
2 star anise
25g fresh coriander, stalks &
leaves separated
250g pak choi, heads
quartered lengthwise
2 red chillis, 1 finely
chopped, 1 finely sliced
200g rice noodles
juice of 1 lime
1 lime quartered to serve
2 tbs Thai fish sauce
Salt

Method

Slice 2 of the spring onions and reserve for serving.

Pick a saucepan or flameproof casserole just large enough to hold the chicken and put it in together with the remaining spring onions halved, the peppercorns, star anise, lemongrass, sliced ginger, garlic and coriander stalks. (Phew!) Pour over enough water to just cover the chicken. Bring it to a simmer, add about 1tsp salt, cover and cook gently for an hour, or until the chicken is just cooked.

Lift the chicken from the broth, draining it well into the pan, and set aside on a board to cool. Strain the cooking liquor into a large bowl. Discard the aromatics.

Clean the pan and return the strained liquid. Reduce the liquid over medium-high heat to leave about 1½ litres.

When the chicken is cool enough to handle, pull it apart discarding the skin and bones. Shred the meat into bite-sized pieces.

When the broth has reduced, add the reserved spring onions, the chopped ginger, quartered pak choi and 1 chopped red chilli. Add as much of the chicken meat as you think necessary, reserving the remainder for sandwiches or risottos. Simmer the soup for 5 minutes.

Meanwhile cook the rice noodles according to the pack instructions.

To serve, divide the noodles between 4 warmed bowls. Stir the lime juice and fish sauce into the broth and ladle it over the noodles. Add the sliced red chilli and coriander leaves. Have quartered lime and extra fish sauce to hand as desired.