Red Curry Chicken and Pumpkin Soup

Jacob · 30/09/2024



Prep Time

1 hr 35 mins

Dificult

Medium

Servings

6

Description

As the weather turns colder and the days get shorter and maybe you start feeling those winter blues make a big pot of this red curry chicken and pumpkin soup When people think of comfort food they usually dont think of it as exciting and interesting but this incredibly tasty soup is the rare exception It will warm your heart and sooth your soul but stimulate you at the same time with its lovely contrast of flavors and textures

Ingredients

— - 1 tablespoon vegetable oil - 2 pounds skinless

— boneless chicken thighs

— chopped into bite-sized pieces - 1 medium red onion

— diced

— divided - 2 teaspoons brown sugar - freshly ground black pepper to taste - 1 teaspoon ground cumin - 1 teaspoon kosher salt

— or to taste - 1 tablespoon freshly minced ginger - 4 cloves garlic

— finely chopped - 6 cups chicken broth

— or to taste

— divided - 1 (13 ounce) can unsweetened coconut milk (not low-fat) - 2 tablespoons red curry paste

— or more to taste - ¼ teaspoon cayenne pepper - 1 bay leaf - 1 tablespoon fish sauce - 1 (2 pound) kabocha squash - 1 large red bell pepper

— diced - 2 medium green onions

— thinly sliced

— or more to taste - ½ cup chopped fresh cilantro

— or more to taste - ¼ cup chopped fresh basil

— or more to taste - 2 small serrano peppers

— thinly sliced - 3 medium limes

— halved

Instructions

1. Heat vegetable oil in a soup pot over high heat. Add chicken to hot oil; cook
2. stirring occasionally until browned
3. about 5 minutes. Stir in 1/2 of the red onion and brown sugar. Cook until onions have softened and sugar starts to caramelize on the bottom of the pan
4. about 3 minutes. Stir in black pepper
5. cumin
6. and 1 teaspoon kosher salt. Toss in ginger and garlic; stir until sizzling
7. about 1 minute. Add 4 cups chicken broth and stir to deglaze the bottom of the pot. Bring to a boil. Add coconut milk and curry paste. Add cayenne pepper and bay leaf. Stir in fish sauce. Reduce heat to medium-low and simmer
8. stirring occasionally
9. for 30 minutes. Carefully cut squash with a large knife on a cutting board. Remove seeds and peel and discard skin. Cut flesh into bite-sized pieces. You should have about 1 1/2 pounds squash. Add squash to soup and salt to taste. Add remaining chicken broth to cover squash. Simmer over medium-low heat
10. stirring occasionally
11. until pumpkin is just barely tender
12. 15 to 20 minutes. Stir in remaining red onion
13. bell pepper
14. and green onions; cook for 2 minutes. Turn off the heat
15. and stir in 1/2 cup cilantro and 1/4 cup basil. Taste and adjust seasonings. Ladle into bowls and garnish with more cilantro
16. basil
17. green onions
18. and serrano chiles. Squeeze lime juice into each bowl. Unknown Chef's Notes: Don't use low-fat coconut milk. The amount of curry paste you use will depend on the brand and strength; it could range from 1 teaspoon to 1/2 cup. You can find curry paste in almost any large grocery store. You can use any winter squash
19. like sugar pumpkin
20. pie pumpkin
21. kuri
22. kabocha
23. hubbard
24. etc. Do yourself a favor and try to find kabocha--it's got an extremely pleasant taste with a subtly-sweet flavor
25. and retains a nice texture
26. even when fully cooked. Just don't use a regular pumpkin
27. because those are very watery and almost tasteless. For a less brothy soup
28. don't add the extra 2 cups chicken broth.