Vietnamese Style Vegetarian Curry Soup

Jacob · 30/09/2024



Prep Time

2 hrs

Dificult

Medium

Servings

8

Description

Vietnamesestyle curry powder can be found in Asian markets If you cant find it use Madras curry powder This spicy soup can be made into a thick stew by reducing the vegetable stock and water by half Serve with rice and French bread

Ingredients

- - 2 tablespoons vegetable oil - 1 onion
- coarsely chopped - 2 shallots
- thinly sliced - 2 cloves garlic
- chopped - 2 inch piece fresh ginger root
- thinly sliced - 1 stalk lemon grass
- cut into 2 inch pieces - 4 tablespoons curry powder - 1 green bell pepper
- coarsely chopped - 2 carrots
- peeled and diagonally sliced - 8 mushrooms
- sliced - 1 pound fried tofu
- cut into bite-size pieces - 4 cups vegetable broth - 4 cups water - 2 tablespoons vegetarian fish sauce (Optional) - 2 teaspoons red pepper flakes - 1 bay leaf - 2 makrut lime leaves - 8 small potatoes
- quartered - 1 (14 ounce) can coconut milk - 2 cups fresh bean sprouts
- for garnish - 8 sprigs fresh chopped cilantro
- for garnish

Instructions

1. Heat oil in a large stockpot over medium heat. Saute onion and shallots until soft and translucent. Stir in garlic
2. ginger
3. lemon grass
4. and curry powder. Cook for about 5 minutes
5. to release the flavors of the curry. Stir in green pepper
6. carrots
7. mushrooms
8. and tofu. Pour in vegetable stock and water. Season with fish sauce
9. red pepper flakes
10. bay leaf
11. and lime leaves. Bring to a boil
12. then stir in potatoes and coconut milk. When soup returns to a boil
13. reduce heat and simmer for 40 to 60 minutes
14. or until potatoes are tender. Garnish each bowl with a pile of bean sprouts and cilantro.