

Thai Curry Chicken Noodle Soup

My friend, Lynne Hemer, who blogs at CookandBeMerry.com invited me to her home and served me this Soup for supper while we worked together and talked about our favorite subject, food blogging! She hit it right on the money for me. I had never forgotten this dish in the two years since I tasted it. That's why I knew it had to go on our menu for our Soups and Stews Class. The coconut milk makes it very creamy. You could cut back the coconut milk and increase the amount of broth to make it lighter. If you cannot find guajillo chiles, choose another New Mexican red dried chile.

Curry Paste

4 large	dried guajillo chiles, stemmed and seeded
2 medium	shallots, quartered
2	garlic cloves
3 Tablespoons	ginger, peeled and cut in small pieces
¼ cup	cilantro stems
1 Tablespoon	ground coriander
1 Tablespoon	turmeric
1 teaspoon	curry powder

Soup

1 Tablespoon	vegetable oil
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2	14 ounce can	unsweetened coconut milk
2	cups	low-sodium chicken broth
1 ½	pounds	skinless, boneless chicken thighs, cut in bite-size pieces
4	Tablespoons	fish sauce (nam pla or nuoc nam)
2	Tablespoons	brown sugar
1	pound	Chinese egg noodles, preferably fresh refrigerated or thin pasta

Garnishes

8	ounces	bean sprouts
½	cup	cilantro leaves
1		lime, cut in wedges
1	pinch	Sambal (dark red chili paste)

- 1 Seed and stem chiles, break into large pieces and cover with boiling water in a small bowl. Soak 25-30 minutes until softened. Begin to bring a pot of water to boil for cooking the noodles later.
- 2 Make chile paste. Pour chiles into strainer over small bowl, reserving soaking liquid. In a small food processor, puree chiles, shallots, garlic, ginger, cilantro stems, coriander, turmeric, curry powder and 4 Tablespoons soaking liquid. Process into a smooth paste, adding more soaking liquid if necessary to achieve the consistency of a medium thick paste.
- 3 Heat oil in large heavy pot or wok over medium heat. Add curry paste and cook over medium heat, stirring constantly for 4-6 minutes until slightly darkened.
- 4 Add coconut milk and chicken broth and bring to a boil. Add chicken pieces, reduce heat and simmer until chicken is cooked through, about 10-15 minutes. Add 3-4 Tablespoons fish sauce and sugar to soup.
- 5 While soup is cooking, cook noodles according to package directions. Divide noodles among bowls, ladle soup over the noodles and serve with bean sprouts, cilantro leaves and lime wedges.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Inactive Time: 25 minutes

Total Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 688 calories, 333 calories from fat, 39.2g total fat, 116.1mg cholesterol, 1415.5mg sodium, 1292.7mg potassium, 55.1g carbohydrates, 2.3g fiber, 6.9g sugar, 35.4g protein.

Source

Author: Bon Appetit, March 2013

Source: CookandBeMerry.com

