



CANADIAN MOUNTAIN HOLIDAYS

CMH HELI-SKIING / CMH HELI-HIKING

Coconut, Green Curry, and Scallop Soup

A. Stock

2 L (8 cups) Chicken Stock
2 cans Coconut Milk
2 pieces Star Anise
2 inches fresh Ginger Root
Juice from 1/2 fresh Lime
Green Curry Paste and Fish Sauce to taste

B. Garnish

2 cups fresh Bean Sprouts
6 ounces Rice Vermicelli
1 cup shredded Savoy Cabbage
1 cup diced Red Onion
2 lbs Scallops, sliced in half into medallions
1 cup coarsely chopped fresh Cilantro
1 cup chopped Green Onions

Combine all the stock ingredients except the curry paste and fish sauce: Bring to a boil and reduce heat to simmer for 5 minutes. Add Green Curry Paste and Fish Sauce to taste: the Green Curry Paste will control how spicy your stock is, and the Fish Sauce how salty.

In another pot, bring 2 litres of water to a boil. Blanche the garnish ingredients, starting with the red onions and rice vermicelli. When the liquid returns to a boil, add the sprouts, cabbage, and scallops. Cook for 1 minute, and strain off the liquid.

Assemble soup by placing the garnish in warm bowls and pouring the hot broth overtop. Decorate with fresh cilantro and green onions.

Optional: You may wish to saute the scallops to improve their flavour (and colour!). Be careful not to overcook: they should start to carmelize on the sides.