

Sup Soto

Saturday, 14 August 2010 17:35 - Last Updated Monday, 05 September 2011 16:27

courtesy : Pn. Norliza Nordin



Soto soup is a mildly spicy soup containing chicken and shrimp; served with noodles (beanthread or rice).

Ingredients:

500gm cut chicken(breast/thigh)
sufficient water to boil chicken pieces
3 cups(24oz) chicken stock;saved from boiled chicken
1in ginger) grind into paste
2 cloves garlic)
2 large onions ;sliced
1 tablespoon oil
1/2 teaspoon tumeric powder
150gm small shrimp;shelled and deveined
2cups(16oz) coconut milk;no preservatives
250gm noodles(beanthread/rice)
salt and pepper to taste
2 limes;cut into wedges
2 spring onions;chopped
1 cilantro stalk leaves;chopped
sufficient water to cook noodles

Method of preparation:

In a pot add enough water to boil chicken pieces. Add the cut chicken. Boil till the chicken is cooked. Remove chicken and let it cool. Then, shred chicken and set it aside. Save 3 cups of chicken stock in a separate pot and set aside. Heat oil in a wok. Add the ground paste(garlic and ginger) and fry till the smell is fragrant. Next, add onion and tumeric powder. Mix well. Saute till the onion is golden brown. Pour the contents of the wok into the pot containing 3 cups chicken stock.Heat on medium flame and bring to a boil. Lower flame. Simmer. Add shredded chicken and shrimp. Simmer till the shrimp is cooked. Add coconut milk, salt and pepper. Simmer for an additional 10 minutes. Turn off flame Cover. Boil sufficient water to cook the noodles. Add noodles and cook. Drain. Place the cooked noodles in serving bowls. Ladle the soup into the bowls and garnish with spring onion and cilantro. Squeeze lime if desired.