

Miele

Dtom som - tamarind and mushroom soup

By Palisa Anderson

20 minutes

Preparation Time

20 minutes

Cooking Time

6 (as part of a Thai banquet)

Serves



INGREDIENTS

4 shallots, cleaned but leave thin outer skin intact

1 coriander root, finely chopped

½ tsp black peppercorns, toasted

1-2 tsp shrimp paste, depending on your taste

1 litre (4 cups) pork or chicken stock (or the stock from cooking the soft bones)

30 g tamarind pulp, mixed with 1 cup water, strained after extracting as much from the pulp as possible

6 cm piece mature ginger (30 g), sliced into thick rounds and pounded lightly

30 g turmeric, sliced into thick rounds and pounded lightly

10 g palm sugar

10 shiitake mushrooms (you can substitute for other mushrooms such as enoki, lions mane, oyster mushroom, king browns etc)

To serve

Spring onions

Coriander

Young ginger, julienned

METHOD

1. Heat a frying pan on medium-high heat, induction setting 7. Add the shallots and cook, turning often, for 10 minutes, or until blackened all over.
2. Cool slightly, remove the blackened skin and finely slice.
3. Using a mortar and pestle, pound the coriander root and black peppercorns until a fine paste, then add shallots one tablespoon at a time until it forms into a mushy paste. Add the shrimp paste and pound gently until well incorporated.
4. Heat the stock in a saucepan, bring to the boil on high heat, induction setting 8. Reduce the heat to medium, induction setting 5 to simmer.
5. Add the shallot paste, ginger, turmeric and palm sugar. Simmer for ten minutes then add the tamarind water and simmer for another 5 minutes.
6. Add the mushrooms and simmer until all the mushrooms are cooked, for shiitakes this only takes approximately 3 minutes.
7. Ladle the soup into individual bowls and scatter with finely chopped spring onions, coriander and ginger.

A message from Palisa

"I love this soup, it gets the digestive juices flowing for the meal. Ideally served together, or at the beginning as a soup course. The general consensus amongst Thai's is that this is usually made with a soft flesh white fish like mullet, however, I think non-Thai's are not of the same favourable opinion regarding eating whole fish bones and all in a soup – too much spitting, say my non-Asian friends. Here I have made a vegetable forward soup with mushrooms. I made this version with shiitakes as that looked best to me at the Mullim market on Friday. You can easily turn this vegan by using a vegetable stock and fermented soy bean disc soaked in water, or Korean soy bean paste in place of shrimp paste, however, it does not quite impart the same umami flavours as shrimp paste." –

Palisa