

## Chef from the Hood Recipes



**Chef:**

Khunchai Pleinnikul & his wife, Chef Pimjai Thongsilp

**Restaurant:**

Jhan Thong Ban Bua

**Recipe:**

Tom Yum!

**Ingredients:**

**Soup base:**

1 small fresh red or green Thai chili or serrano chili; seed & slice very thin (wear rubber gloves)  
1/4 cup chopped cilantro STEMS  
2 or 3 sliced mushrooms (any variety)  
1/2 fresh tomato, chopped  
a dash of sugar  
1/2 teaspoon salt, or to taste  
1/2 teaspoon freshly ground black pepper  
2 or 3 slices galanga root (optional)\*  
2 or 3 kaffir lime leaves (optional)\*  
1/2 stalk fresh lemongrass (optional)\*, discard outer leaves, trim root

**Additions to soup base:**

1 pound of prawns, shelled & deveined  
2 teaspoons Asian fish sauce (or to taste)  
juice of 2 or 3 limes (or to taste)

**Optional Garnishes:**

fresh cilantro leaves, thinly sliced kaffir lime leaves, thinly sliced fresh mint and/or sliced red Thai chilies

\*Notes on OPTIONAL Thai ingredients.

**Lemon Grass:** Also known as takrai. lemon grass adds a citrus flavor without acidity. The usable inner core is about as thick as a finger. Eaten finely sliced; larger pieces are used to flavor curry pastes and beverages. **Kaffir Lime Leaves:** Thai people say Bai magroot. Used in soups and curries whole (removed before eating), & sliced into fine, edible slivers. Adds floral aroma and taste, an important herb, unique to Thailand.

**Galangal Root:** Galanga or kha in Thailand, a type of ginger Thai cooks use most. More lemony, peppery & aromatic than common ginger. Pale yellow skin with pinkish knobs; inside is cream color. Slices float in soups or are pounded into curry pastes. Tip: The texture & flavor will remain intact if frozen in sealed bags.

Jhan Thong Ban Bua's spicy lemon soup with prawns!

This classic soup, a mainstay of Thai cuisine, is traditionally served with far more hot chilies. Recently, researchers have found that Tom Yum might have cancer-fighting ingredients as well as good taste. Scientists at Thailand's Kasetsart University and Japan's Kyoto and Kinki Universities have found that the ingredients in this soup are "100 times more effective in inhibiting tumor growth than other foods", said Suratwadee Jiwajindra of Kasetsart University. "The ratio of the cancer pattern in Asians, especially southeast Asians, is very low compared with the pattern in the European and Western countries," Jiwajindra said. In fact, Thai people have a much lower incidence of digestive tract cancers than people in other countries. Chef Pimjai Thongsilp of Jhan Thong Ban Bua says, "Tom Yum is our most popular soup, and easy to make at home." If you are a lover of all things hot, make this soup as incendiary as you wish by adding more chilies! It's healthy and delicious! Makes 4 generous bowlsfuls.

Boil 6 cups of water while you prep other ingredients. Cut lemongrass into 1-inch sections and crush lightly with flat side of a heavy knife. Add all ingredients (except prawns and garnishes) to boiling water. Simmer broth 5 minutes. Add prawns and simmer 1 minute, or until shrimp are just firm to touch. Stir in fish sauce and lime juice. Serve bowls of soup with garnishes on separate plate.