Thai Coconut Fish Soup

SERVES 4 | Prep 15 minutes | Cook 20 minutes | No added sugar



Ingredients

1¼ lb skinless cod, cut into 1½-inch pieces

1 can (13.5 oz) unsweetened coconut milk

3 cups low-sodium fish or chicken broth, divided

1 tablespoon grated fresh ginger

3 garlic cloves, minced

1 stalk lemongrass, bruised

4 oz shiitake mushrooms, sliced (discard tough stems)

1 red bell pepper, thinly sliced

1 small red chile, sliced, to taste

1-2 tablespoons fish sauce

2 tablespoons fresh lime juice, plus lime wedges

3 green onions, thinly sliced



Method

1. Prepare the lemongrass. Trim off the dry top and root end; remove tough outer layers. Cut the tender lower stalk into 2-3 pieces and bruise with the back of a knife.

2. Soften the aromatics. Put ¼ cup of the broth, ginger and garlic in a large saucepan. Cook over medium heat for 1-2 minutes, stirring. Add a splash more broth if the pan dries out.

3. Build the broth. Stir in the remaining broth, coconut milk, lemongrass, mushrooms, pepper and chile. Bring just to a gentle simmer; cook 8-10 minutes, until vegetables soften. Avoid a rolling boil.

4. Poach the fish. Add cod and 1 tablespoon fish sauce. Simmer gently for 5-7 minutes, depending on thickness, until fish reaches 145°F in the thickest piece. Stir gently to keep pieces intact.

5. Finish and serve. Remove lemongrass. Take soup off the heat; stir in lime juice and green onions. Taste and add more fish sauce, lime or chile as desired. Serve with lime wedges.

Simple swaps. Use halibut or haddock for cod; white mushrooms for shiitake. If lemongrass is unavailable, omit it and add a little grated lime zest at the end.

A gently spicy coconut broth with tender white fish, ginger and lime.
No added oil. Use unsweetened canned coconut milk. Illustrative food image.