

Fusion Korean Thai Soup/Stew

Can eat it as a soup or serve it with rice (1/4 cup dried white rice per person or 1/3 cup brown rice, then cook it as you normally do)

INGREDIENTS

500g firm tofu
2tbsp tamari
1 tbsp olive oil
1 onion sliced
1 big garlic clove or 2 regular minced
2 tsp ginger
1 lemon grass stalk
4 makrut leaves ***
1 tbsp tamari (in addition to the amount above)
1/3 cup coconut milk
750ml to 1 litre water or stock
1 tsp sweet paprika

Cheats Gochujang Paste

1 tbsp of Korean chilli flakes or powder or ½ to 1 tsp regular chilli flakes or powder
1 tbsp maple syrup
2 tbsp miso
1 tbsp rice vinegar

Veggies

1 cup sauerkraut or Kimchi
½ head of broccoli cut in long florets or a bunch broccolini ends trimmed
1/3 zucchini julienned
½ small sweet potato julienned
100g king oyster mushrooms also julienned (place them in the sun for 10 minutes before cooking if you want them to contain vitamin D)

Garnish

2 spring onions chopped lengthways (if you want to know how to do this well come join the Living well with Veet Cooking and Nutrition Collective)

METHOD

1. Cut the tofu into cubes and place on a baking tray. Pour on the 2 tbsp tamari and olive oil and mix through. Place in 200°C oven for 20 – 30 minutes, or until it is browned and a little crisp.
2. Make the gochujang paste by mixing the ingredients together.

3. Add a splash of oil into a saucepan and add the onion, garlic, ginger, mushrooms, makrut leaves, bash the end of the lemongrass stalk and add that too. Sprinkle on a smidgen of salt, turn the heat to medium and cook for 5 minutes. Be careful not to burn the garlic.

4. Add the gochujang and cook for a few minutes. Then add the sweet potato and kim chi or sauerkraut and water or stock. Start with 750ml of water, you can add more later. Also add the remaining 1 tbsp tamari. Cook for 5 minutes on a medium heat.

5. Then add the zucchini and broccoli and cook for a further 5 minutes. Pour the coconut milk in and heat until hot enough to serve, but not boiling.

6. Remove the lemongrass and makrut leaves and serve into bowls with tofu cubes and the spring onion garnish.

*** formally known as kaffir lime leaves but now not due to cultural inappropriateness.