

Thai Pumpkin, Shrimp and Coconut Milk Soup

Author: Inspired by a recipe on dlife.com

Carolyn T's
Internet
Cookbook

Servings: 5



3 cups pumpkin, fresh, peeled, cubed
2 whole garlic cloves, crushed
2 large shallots, finely chopped
1 teaspoon seafood soup base, or chicken stock
2 tablespoons lemongrass, fresh, chopped or lemongrass paste
2 whole green chiles, seeded (see notes for explanation)
4 cups chicken stock
16 ounces shrimp, fresh, shelled
11 ounces Thai red curry sauce
1 tablespoon Thai fish sauce
1 teaspoon granulated sugar, or more if desired
4 ounces spinach, baby type
1/2 cup canned pumpkin, optional
2 cups coconut milk, canned
salt and ground black pepper
Categories: Soups

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 652 Calories; 39g Fat (52.7% calories from fat); 29g Protein; 50g Carbohydrate; 4g Dietary Fiber; 139mg Cholesterol; 4616mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 7 1/2 Fat; 0 Other Carbohydrates.

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Notes: You can use your own choice of chiles. I happened to use one poblano and one jalapeno. Neither was very hot on the Scoville rating. If you don't mind being un-authentic, add some frozen peas and mushrooms to the soup too.

Description:

1. With a sharp knife or very sturdy peeler, peel the pumpkin, and cut into quarters. Scoop out the seeds with a teaspoon and discard. Cut the flesh into chunks (about 3/4 inch) thick and set aside.
2. Put the garlic, shallots, fish soup base, lemongrass, and green chiles in the food processor. Process to a paste, stopping periodically to scrape down the sides of the workbowl. Continue to process until it's a smooth paste.
3. In a large, heavy pot, bring the chicken stock to a boil. Add the ground paste and stir well to dissolve. Add the pumpkin chunks and bring to a simmer. Simmer for 10-15 minutes or until the pumpkin is tender. Don't overcook. You may add up to 2 cups of water if you'd like more volume.
4. Stir in the shrimp, bottled Thai red curry sauce and spinach, bring to a simmer and cook 1-2 minutes. Add the coconut cream, then bring the soup back to simmer. Be careful not to let it boil. Add the fish sauce, canned pumpkin, sugar and ground black pepper to taste. Add more salt if needed. Cook (below a simmer) for 2-3 minutes. Serve in warmed soup bowls.
5. You can garnish this with tiny shreds of spinach, or some additional minced chiles. Or spicy dried red chiles if you're up for the heat!