

Lemon Grass Chicken Soup - from Sunset Magazine, January 2003

- 3 quarts fat-skimmed chicken broth
- 1 stalk fresh lemon grass (12-18 inches long), or 6 thin strips lemon peel (each ½-in. by 3-inches; yellow part only)
- 12 thin (quarter-size) slices fresh ginger
- 6-7 fresh jalapeno chilies (3-3 ½ oz. total)
- 1 ¼ lbs cabbage, shredded
- 8 oz. mushrooms, sliced
- 2 carrots (8 oz. total), peeled, sliced
- 2 lbs. boneless, skinless chicken breasts, sliced thinly
- 4 cloves garlic, peeled and chopped
- 1 (14 ½ oz.) can diced tomatoes
- ½ cup lemon juice
- 2 Tablespoons Asian fish sauce (nam pla or nuoc mam) or soy sauce (or tamari sauce)
- 1/3 cup thinly sliced green onions
- 5 cups hot cooked rice
- 2 lemons cut into wedges
- 1 ½ cup chopped fresh cilantro

In a large pot, bring broth to a boil over high heat. Meanwhile, pull off and discard the coarse outer layers from the lemon grass and trim the ends, Cut the stalk into 3-inch lengths. With the large side of a knife, or a meat tenderizer, lightly crush the lemon grass and ginger slices. Rinse 1 or 2 of the chilies in half lengthwise, reserving the rest to chop for garnish. Add lemon grass, ginger, and chilies to the broth, reduce the heat and simmer for 20-30 minutes.

Meanwhile, prepare the cabbage, mushrooms, carrots, garlic, and chicken.

With a slotted spoon, remove the lemon grass, ginger, and chilies from the broth. Add the cabbage, mushrooms, carrots, and garlic to the broth, and bring to a boil. Reduce the heat and simmer until the carrots are done, 8-10 minutes.

Add the chicken and tomatoes and cook over high heat until chicken is done, 2-4 minutes. Add lemon juice and fish sauce to taste.

Serve soup over the rice, offering lemon wedges, cilantro, and chopped jalapenos to accompany.