

Sup Laksa (Laksa Soup)

Saturday, 14 August 2010 16:37 - Last Updated Monday, 05 September 2011 16:17

courtesy : Pn. Sharifah Khalid



Laksa is a fish soup that is slightly sour and spicy.

Ingredients:

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1kg mackerel;whole fish cleaned
5 or 6 dry red chillies;remove seeds.)
tear into pieces .) grind into paste
3 large onions;diced)
100gm dried shrimp)
600gm thick rice noodles
12 cups water
10 Vietnamese mint(daun kesum)
4 or 5 tamarind pulp;mix with a little water in a bowl,
strain the juice.
2 tofu;fried and cubed
100gm bean sprout;tails removed
2 limes;quartered
salt to taste
1 bunch romaine lettuce;shredded
3 eggs;boiled and cut into 1/2's

Method of Preparation:

In a pot pour 12 cups of water. Add the cleaned whole fish. Boil till the fish is cooked. Remove fish. Save the fish stock. Peel boiled flesh from bone. Set it aside in a plate. Put the boiled fish flesh in a blender and grind into a puree. Set aside. Grind dry red chillies, onion and dry shrimp into a paste. Add fish puree and ground paste into the pot containing fish stock. Add water to bring it to the original level. Add Vietnamese mint, salt and tamarind juice. Bring to a boil. Turn down to low flame and simmer. In a separate pot boil rice noodles till it is cooked. Drain. Set aside. Place noodles in serving bowls. Pour hot soup. Garnish with tofu, bean sprouts, lime, boiled egg and romaine lettuce. Serve.

Note:

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- 1.The hotness of the dish can be adjusted by varying the number of dry red chillies.
- 2.Varying the amount of tamarind will alter sourness.