

## Sup Mee Kari (Curry Noodles Soup)

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

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courtesy : Pn. Raja Norzaini Raja Abdul Aziz



Sup mee kari is one of a dish that showcases the subtlety of Malaysian cooking. Sup mee kari takes a little extra time to prepare but well worth the effort in terms of taste. Serve hot in a bowl.

Ingredients:

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500gm fresh yellow noodles;scald and drain  
300gm bean sprouts;remove tail and blanch  
1kg cockles;boiled and shells removed.  
make sambal\*;see sambal section  
2 pieces tofu;fried and cubed  
4 eggs;hardboiled and cut in half  
4 shallots;sliced  
3 limes;cut into wedges  
3 fresh red chillies;sliced thin  
2 tablespoon light soy sauce )  
1/2 teaspoon sugar ) mix in a bowl  
1/2 teaspoon vinegar )  
a little water )

Ingredients for curry sauce:

3 tablespoon oil  
4cm cinnamon stick  
2 cloves(a spice)  
1 stalk curry leaves;stripped(20 leaves)  
6 small red onions;sliced )  
3 cloves garlic;chopped ) grind into paste  
1 large onion;sliced )  
4 tablespoon Eagle brand meat curry powder  
a little water  
400gm chicken;cut into bite size  
1 1/2 litre coconut cream;no additives  
4 or 5 tamarind pulps.mix in a little water and strain  
2 slices fish cake;sliced  
150gm fish ball;cut in half  
salt and sugar to taste

Method of preparation: (curry sauce)

In a wok heat oil. Add cloves and cinnamon stick. Fry till the smell is fragrant. Next, add curry leaves and ground ingredients (red onion, garlic and large onion). Fry till the smell is aromatic. Put curry powder in a bowl. Add a little water and make into a thin paste. Scoop the curry powder paste into the wok. Stir and fry for 2 or 3 minutes. Next add the cut chicken. Stir till the chicken is almost cooked. Then, add coconut cream and tamarind juice. Stir well and bring to a boil. Turn down flame and simmer for 10 minutes. Add fish cake and fish balls. Add salt and sugar. Stir slowly till fish cake and fish balls are cooked. Simmer till ready to serve.

Method of preparation: (noodles and garnish)

The following ingredients are placed in separate bowls at the table:

scalded noodles

blanched bean sprouts

cockles sambal

cubed fried tofu

boiled eggs

sliced shallot

lime wedges

sliced red chillies

mixture of water, soy sauce, sugar and vinegar

Serving suggestion:

In serving bowls put scalded noodles and blanched bean sprouts. Add tofu cubes, boiled egg and lime wedge. Sprinkle sliced red chillies and shallot. Next, ladle hot mee curry sauce into the bowl. Scoop a tablespoon full of cockles sambal and place on the noodles in the bowl. Add

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some mixed sauce; if desired. Serve hot.