

Seafood and Mung Bean Sprouts Soup “Southern Style,” Hint of Bitterness
Xúp hải sản vị canh chua Nam bộ



Recipe for approximately 6 à la carte servings

Ingredients

Seafood mix: prawns / scallops / squid:	400g
Tomatoes:	200g
Shallots:	15g
Pineapple:	½ unit
Star fruit:	1 unit
Bean sprouts:	50 g
Sour fruits (doc, sau or tai chua)	50 g
« ngo » herbs :	50 g
Green onion:	50 g
Onion:	30 g
Red chili:	1 unit
Clear chicken stock:	1.5 liters
Fish sauce, salt, pepper:	to taste

Method

- Cut seafood into cubes approximately 1.5 cm in size. Season the seafood with fish sauce and pepper.
- Cut the pineapple, tomatoes, star fruit, and onions into cubes 1 cm in size.
- Wash and slice “ngo” herbs, onion and green onions.
- Slice shallots and stir-fry in hot oil until fragrant. Add half the tomatoes. Sauté until soft and it turns a nice red color. Season with fish sauce and salt.
- Add clear stock or water and then add the sour fruit. Bring to boil and strain through the sieve.
- Add the sour stock into the pot. Bring to a boil again. Thicken with some corn flour. Season with fish sauce and salt. Add seafood and vegetables. Bring to a boil again to cook all ingredients. At the end, add sliced herbs and crushed red chili.