

Mixed Vegetables in Clear Soup Recipe

(Sayur Campur - Indonesian Recipe)

Ingredients: Serves 4

8 shallots
4 cloves garlic
1 teaspoon peppercorns
1 tablespoon margarine
5 thin slices galangal
1 stalk lemon grass, bruised (use only the bottom white tender part)
1¼ liters chicken stock
250g cooked bamboo shoots, cut into fine strips
3 scallions, cut into 1 cm pieces
250g bean sprouts, tailed
25g glass noodles, cut into 10cm lengths, soaked in water until tender, drained
1 sprig Chinese parsley, chopped

Chicken Croquettes:

150g minced chicken
50g almonds, ground
1 egg, separate the yolk
¼ teaspoon powdered pepper
1 tablespoon flour
½ teaspoon salt

Method:

Grind shallots, garlic and peppercorns. Heat margarine and sauté ground spices, galangal and lemon grass until fragrant. Add chicken stock and bring to the boil. Stir in cooked bamboo shoots and scallions. Then add bean sprouts, glass noodles, chicken croquettes and Chinese parsley.

Chicken Croquettes: Mix all the ingredients thoroughly, leaving out the egg white. Shape the mixture into small balls. Coat each ball with lightly beaten egg white, then toss into boiling water. Remove when the croquettes start to float.

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