



SHRIMP LAKSA NOODLE SOUP

SHOPPING FOR YOUR CLASS

Your recipes include some specialty ingredients:

- Kashmiri Chilies can be purchased at your nearest Indian grocery store.
- The noodles, tofu puffs, belacan Vietnamese mint and dried shrimp can be purchased at Asian supermarkets.

PREPARING FOR YOUR CLASS (if you plan to cook along with us)

Our live classes are interactive. Our intention is for you to prep and cook with us during the class. Below are our instructions on how to prepare for a successful cooking experience:

- Before your class starts, please gather and weigh out all of your ingredients, as listed in the recipe below. You do not need to prep (chop), we will do this during the class unless specified in **Mise en Place** below. If you are concerned about keeping up with the pace of the class you can prep (chop) some of your ingredients ahead but please note that this prep is **not required**.
- If you are using fruits, vegetables and herbs please wash them as required.
- Please gather all of your equipment, as referenced in the list at the end of the recipe.
- We recommend printing out your recipe and having it nearby for reference.
- We recommend reading through your recipe before the start of the class.

SHRIMP LAKSA NOODLE SOUP (serves 4)

Recipe by Aditya Raghavan

500 g raw shrimp, preferably with heads and shell on

*250 g dried wheat noodles**

100 g rice vermicelli noodles

2 tablespoons shrimp oil (recipe below)
Laksa paste, full recipe (recipe below)
1 teaspoon salt
1 teaspoon sugar
1 teaspoon fish sauce
1 (425 ml) can coconut milk
125 gm fried tofu puffs, halved
4 eggs
150 gm bean sprouts

Fresh Garnishes:

1/4 cup loosely packed Vietnamese mint leaves, finely shredded
A few sprigs of cilantro
Chili Sambal

Laksa Paste:

4 dried red chilies (medium spicy dried chilies such as Kashmiri), seeded and soaked in water 20 minutes
1 large fresh red chili, seeded
1 teaspoon belacan (Malaysian shrimp paste)
1/4 cup dried shrimp, soaked in hot water
1 large shallot, roughly chopped
3 garlic cloves, peeled
1 inch piece of fresh ginger
1 inch piece of fresh galangal
1 inch piece of fresh turmeric
2 teaspoon ground coriander
1 lemongrass stem, white part

Shrimp Stock & Shrimp Oil:

All of the shrimp heads and shell
5 cups of water (or, even better, chicken stock) - use 2/3 for the stock, and 1/3 for the oil
1/4 cup grapeseed oil or other frying oil
1 tablespoon tomato paste
Pinch of salt

Chili Sambal:

5 dried whole red chilies, preferably Kashmiri or other medium spicy whole chilies
3 large fresh red chilies
1 shallot
1 tablespoon sugar
1 teaspoon belacan (Malaysian shrimp paste)
1/2 cup grapeseed oil or other frying oil

- Remove the heads and shell from the shrimp, keeping the tails intact for presentation (optional). Devein the shrimp, if needed, and it can be butterflied for a fun presentation.
- Shrimp Stock: Add about 2/3rd of the heads and shells in a pot of water (or plain chicken stock) and make a quick shrimp stock. Bring to a boil, simmer for 20 minutes, then strain and keep ready to use.
- Shrimp Oil: With the remaining third, fry them in a small saucepan at medium heat with oil and tomato paste, until the tomato paste begins to brown. Switch off heat and strain the oil
- For the laksa paste, rehydrate 4 dried chilies and dried shrimp in hot water. You can soak these together.
- Make the laksa paste in a blender or a mortar pestle with all the ingredients, using some of the water from the rehydrated shrimp and chilies, to help blend into a smooth paste.
- For the chili sambal, rehydrate 5 dried chilies separately.
- Using a blender, blend all the ingredients (except oil) of the sambal into a smooth red paste.
- Using a small saucepan, heat oil for the sambal (half a cup) and once hot, fry the paste till most of the moisture boils off. Save in a mason jar. This will last in the fridge for a month or so.
- Soup: To make the soup, start with 2 tablespoons of shrimp oil in a 4 quart pot
- Add all the laksa paste and fry for about 5-10 minutes, till oil begins to separate out of the paste. If needed, top up with a tablespoon of regular oil.
- Once the paste is cooked, add the shrimp stock.
- Bring to a boil and then let it simmer for 10 – 15 minutes, reducing it by about 15%
- In a separate 4-6 quart pot, heat water to cook the eggs, two types of noodles and blanch the bean sprouts.
- First boil the eggs for 5-6 minutes for a medium boil. Shock in ice water.
- Then, follow package instructions for the wheat noodles. Remove noodles when al dente and save in a bowl
- For the rice vermicelli noodles, blanch for a few seconds in boiling water.
- Similarly, blanch bean sprouts for a few seconds.
- Now add the coconut milk to the soup, and bring to a simmer. Season with sugar, salt and fish sauce.
- Add the tofu puffs and shrimp and poach till the shrimp is cooked (4 – 5 minutes)
- Turn the heat off. Now we assemble.
- Portion the noodles into four bowls, and add the bean sprouts.
- Pour the soup, ensuring shrimp and tofu is shared equally between all bowls.
- Garnish with:
 - Shredded Vietnamese mint leaves
 - Finely chopped cilantro
 - Boiled egg cut in half
 - A small teaspoon of sambal
 - A generous swirl of shrimp oil

REMARKS ON THE TYPE OF NOODLE

- Straight noodles work best in this recipe. Typical dried ramen noodles tend to be wavy because of the alkaline agent added to the noodle. It is fine if that is what you end up using, but it would be preferable to use straight, dried, wheat noodles.
- Traditionally, the wheat noodles used are called Hokkien noodles

- Fresh Lo Mein noodles are also a good option. If fresh, of course bring to room temperature and make sure the noodles are ready. They can be blanched for a few seconds, to reheat them
- This recipe is completely adjustable to suit your dietary restrictions. Consider Korean mung noodles for a more paleo-friendly version, or sweet potato noodles, or buckwheat noodles for gluten intolerances.

EQUIPMENT

Cutting board and sharp knives

Measuring cups and spoons

4-6 quart pot for soup

4-6 quart pot for boiling noodles

A small saucepan to make prawn oil and sambal

Blender or mortar pestle