



## NOM BAHN CHOK: CAMBODIAN “BREAKFAST” NOODLES

### SHOPPING FOR YOUR CLASS

- *Specialty items* can be found at Asian supermarkets (99 Supermarket and Lucky Supermarket in Edmonton)
  - Pantai Brand Preserved Gourami in Brine (*a southern Thai sauce made from fermented fish and salt*)
  - Kachai root aka Krachai root (*a rhizome sometimes known as finger root, available fresh or frozen*)
  - Lime leaves (*available fresh or frozen*)
  - Turmeric (*purchase fresh or frozen, not powdered*)
  - MSG
  - Palm Sugar, we like Cock brand
  - Dongguan Brand Rice Vermicelli Noodles

### MISE EN PLACE

- Defrost your turmeric and kachai root if you are using frozen.
- 

### NOM BAHN CHOK (*serves 6*)

Recipe by CHEATA NAO

*½ whole chicken or 2 lbs of mixed breast, thigh and drumstick (bone in, skin on)*

*1 can coconut milk (Arroy D preferred)*

*1 cup Preserved Pantai Gourami in Brine (Prahok)*

*1 1/4 cups peanuts (reserve ¼ cup for the garnish after roasting)*

*120 g palm sugar (2 pucks)*

*2 tbsp MSG*

*3 lime leaves*

*1 pkg Dongguan Rice Vermicelli Noodles*

*Groeung (see recipe below)*

Garnish

*1 carrot*

*½ red cabbage*

*½ cucumber*

*1-2 Thai Chilies*

*1 bunch Thai Basil*

*1 bunch Mint*

*¼ cup chopped peanuts*

- Cook the Chicken: Add 3 litres of water to a 5-litre or larger soup pot. Once the water begins to boil add the chicken and lime leaves, then reduce the heat to a brisk simmer.
- Cook the chicken through, approximately 20 minutes depending on the size of the chicken (to 165 F / 74 C internal temperature).
- Toast & Grind the Peanuts: Meanwhile heat a non-stick pan over a low heat. Add the peanuts to the pan and lightly roast, stirring constantly. Once you develop some colour remove from the heat set aside to cool.
- Grind the cooled peanuts in a blender or food processor. Set aside ¼ cup for the garnish.
- Cool the Cooked Chicken: When the chicken is fully cooked remove it from the pot into a bowl to cool.
- Flavour the Broth: Add the ground peanuts, MSG, palm sugar, coconut milk, and preserved gourami in brine to the chicken broth. Stir until the palm sugar has fully dissolved. Once the sugar dissolves add your groeung paste to the soup and let the soup simmer.
- Shred / Chop the Chicken: Once the chicken has cooled, shred it (it should still be warm not cold when you shred it) using two forks or your hands.
- Chop half of the chicken.
- Return the shredded and chopped chicken to the seasoned broth, and simmer to allow the flavours to infuse.
- Garnishes: Use a box grater to shred the carrot. Thinly slice the red cabbage. Chop the cucumber into matchstick pieces and roughly tear the mint and basil. Set aside together with the reserved peanuts.
- Noodles: Cook the vermicelli noodles in plenty of boiling water, using chopsticks or tongs to separate them as they cook. Drain in a colander, rinsing with cold water to remove excess starch.
- To Finish: Adjust the seasoning to taste with salt and/or preserved gourami sauce. Your soup should be intensely flavoured and slightly oversalted. Adding the noodles and garnishes will balance the flavour.
- To Serve: add rice noodles to the bottom of your bowls. Pour the soup over the noodles. Top with the prepared garnishes and serve.

## **GROEUNG (*Cambodian Lemongrass Herb Paste*)**

*60 g sliced lemongrass (approximately 2-3 stalks)*

*5 cloves garlic*

*20 g turmeric (fresh or frozen) – not powdered*

*45 g kachai root (fresh or frozen) - not powdered*

*3 tbsp water*

- Thinly slice the lemongrass stalks.
- Roughly chop turmeric and kachai root into 1 cm pieces.
- Lightly smash garlic cloves.
- Add ingredients into a blender or food processor with the water and blend until smooth. The consistency should be quite smooth. Add additional water if needed.
- Pour into a bowl and set aside.

## **EQUIPMENT**

Cutting boards and knives

Cup measures and spoons

2 large pots (for broth and noodles)

Small non-stick pan for peanuts

Blender

Food processor

Mortar & pestle (optional)

Kitchen scale

Colander