

THAI CHICKEN & BITTER MELON SOUP

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- ½ Chicken Breast
- ½ Bitter melon
- 3 - 4 Coriander/Cilantro Leaves
- 1 Stalk Lemongrass
- 1 - 2 in. Piece Galangal Root
- 2 - 3 Cloves of Garlic
- 2 or more Thai Hot Chilis
- 1 Tbsp. Light Soy Sauce
- 1 Tsp. Sugar
- 1 Tbsp. Coconut Oil

Instructions:

1. Remove chicken breast skin and cut into ½ in. cubes.
2. Slice the melon across into about 1 in. slices, then remove the inner core and seeds and discard them. Cut the outer part into small bite-sized pieces.
3. Chop the coriander stems and leaves very fine, until you get about 2 tablespoons of the chopped herb.
4. Cut 3 slices of galangal off the main root and then cut them into very small pieces. Peel the garlic.
5. Using a mortar and pestle or spice grinder, grind the galangal until it is a rough pulp, then add the garlic and chilies. Grind everything together until no large chunks remain, and it is well blended.
6. Using a medium sauce pan or soup pot over low heat, add 1 Tbsp. coconut oil, let it get barely hot, then add the herb and chili mixture. Fry it off until it is nearly cooked. Keep the heat low and cook for longer.
7. Add the chunks of chicken to the pot and stir it into the oily herbs. Fry until the chicken is nearly done, which should take only about 2 minutes or so.
8. Next add 2 cups of water to the pot and stir everything well. Add the soy sauce and sugar. Heat over medium heat until boiling.
9. Add the cut melon and bring it back to a hard boil. Reduce the heat until it is barely boiling and cook for about 7-8 minutes. Stir often and when the melon starts to become tender, and loses bitter taste, it is done.
10. Add salt to taste. Stir in about half of the chopped coriander, saving the remainder for a garnish.

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