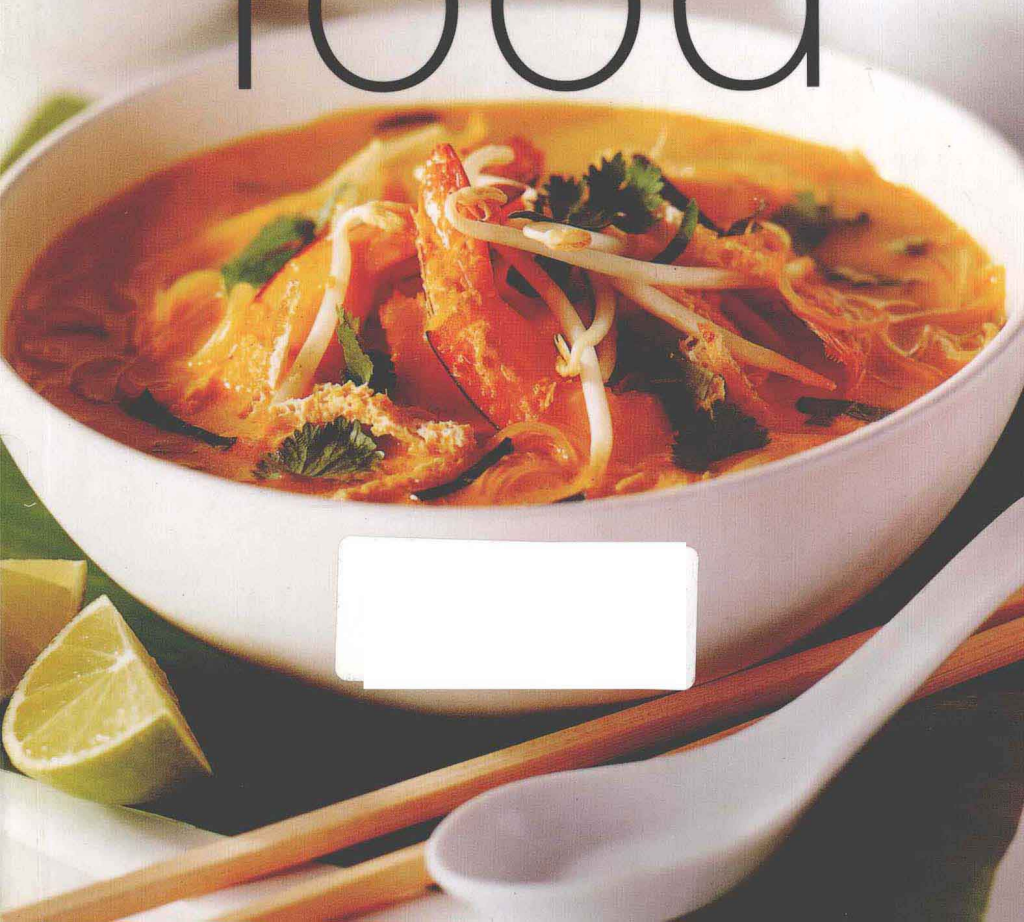


bowl

the new comfort food for people on the move

food



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bowl food

MURDOCH
BOOKS



Contents

Soups	6
Salads	70
Pasta	126
Rice	190
Wok	232
Curries	290
One pots	342
Index	394

Soups





Spicy pumpkin and coconut soup

- 1 small fresh red chilli, seeded and chopped
- 1 stem lemon grass, white part only, sliced
- 1 teaspoon ground coriander
- 1 tablespoon chopped fresh ginger
- 2 cups (500 ml) vegetable stock
- 2 tablespoons oil
- 1 onion, finely chopped
- 800 g pumpkin flesh, cubed (see Note)
- 1½ cups (375 ml) coconut milk
- 3 tablespoons chopped fresh coriander leaves
- 2 teaspoons shaved palm sugar or soft brown sugar
- extra coriander leaves, to garnish

Place the chilli, lemon grass, ground coriander, ginger and 2 tablespoons vegetable stock in a food processor, and process until smooth.

Heat the oil in a large saucepan, add the onion and cook over medium heat for 5 minutes. Add the spice paste and cook, stirring, for 1 minute.

Add the pumpkin and remaining vegetable stock. Bring to the boil, then reduce the heat and simmer, covered, for 15–20 minutes, or until the pumpkin is tender. Cool slightly then process in a food processor or blender until smooth. Return to the cleaned pan, stir in the coconut milk, coriander and palm sugar, and simmer until hot. Garnish with the extra coriander leaves.

Serves 4

Note: You will need to buy 1.5 kg pumpkin with the skin on to yield 800 g flesh.

Miso soup with chicken and udon noodles

8 dried shiitake mushrooms
600 g chicken breast fillets, cut
into 1.5 cm thick strips
¼ cup (60 g) white miso paste
2 teaspoons dashi granules
1 tablespoon wakame flakes or other
seaweed (see Note)
300 g baby bok choy, halved
lengthways
400 g fresh udon noodles
150 g silken firm tofu, cut into
1 cm cubes
3 spring onions, sliced diagonally

Soak the mushrooms in 1 cup
(250 ml) boiling water for 20 minutes.
Drain, reserving the liquid; discard
the stalks and thinly slice the caps.

Pour 2 litres water into a saucepan
and bring to the boil, then reduce
the heat and simmer. Add the chicken
and cook for 2–3 minutes, or until
almost cooked through.

Add the mushrooms and cook for
1 minute, then add the miso paste,
dashi granules, wakame and reserved
mushroom liquid. Stir to dissolve the
dashi and miso paste. Do not boil.

Add the bok choy halves and simmer
for 1 minute, or until beginning to wilt,
then add the noodles and simmer for
a further 2 minutes. Gently stir in the
tofu and ladle the hot soup into large
serving bowls. Garnish with the sliced
spring onion.

Serves 4–6

Note: Wakame is a curly-leafed,
brown algae with a mild vegetable
taste and a soft texture. It can be
used in salads or can be boiled and
served like a vegetable. Use a small
amount as it swells by about ten
times after being cooked.



味噌汁



味噌汁



Tomato bread soup

750 g vine-ripened tomatoes
1 loaf (450 g) day-old crusty Italian bread
1 tablespoon olive oil
3 cloves garlic, crushed
1 tablespoon tomato paste
1.25 litres hot vegetable stock
4 tablespoons torn fresh basil leaves
2–3 tablespoons extra virgin olive oil
extra virgin olive oil, extra, to serve

Score a cross in the base of each tomato. Place in a bowl of boiling water for 1 minute, then plunge into cold water and peel the skin away from the cross. Cut the tomatoes in half and scoop out the seeds with a teaspoon. Chop the tomato flesh.

Remove most of the crust from the bread and discard. Cut the bread into 3 cm pieces.

Heat the oil in a large saucepan. Add the garlic, tomato and tomato paste, then reduce the heat and simmer, stirring occasionally, for 10–15 minutes, or until reduced and thickened. Add the stock and bring to the boil, stirring for 2–3 minutes. Reduce the heat to medium, add the bread pieces and cook, stirring, for 5 minutes, or until the bread softens and absorbs most of the liquid. Add more stock or water if necessary.

Stir in the torn basil leaves and extra virgin olive oil, and leave for 5 minutes so the flavours have time to develop. Drizzle with a little extra virgin olive oil.

Serves 4

Five-spice duck and somen noodle soup

4 duck breasts, skin on
1 teaspoon five-spice powder
1 teaspoon peanut oil
200 g dried somen noodles

Star anise broth

1 litre chicken stock
3 whole star anise
5 spring onions, chopped
¼ cup (5 g) chopped fresh
coriander leaves

Preheat the oven to moderately hot 200°C (400°F/Gas 6). Trim the duck breast of excess fat, then lightly sprinkle both sides with the five-spice powder.

Heat the oil in a large frying pan. Add the duck skin-side down and cook over medium heat for 2–3 minutes, or until brown and crisp. Turn and cook the other side for 3 minutes. Transfer to a baking tray and cook, skin-side up, for another 8–10 minutes, or until cooked to your liking.

Meanwhile, place the chicken stock and star anise in a small saucepan. Bring to the boil, then reduce the heat and simmer for 5 minutes. Add the spring onion and coriander and simmer for 5 minutes.

Cook the noodles in a saucepan of boiling water for 2 minutes, or until soft. Drain and divide among four bowls. Ladle the broth on the noodles and top each bowl with one sliced duck breast.

Serves 4



