

Tom Kha Gai Squash Soup - from Jessie Caza (Wildsight Invermere Board Secretary)

1 small squash - cubed & peeled if you like. I've used everything other than a spaghetti squash for this recipe. Butternut, porcelain, buttercup squash all work well, but others would likely be delicious as well.

1 x 14oz can of coconut milk

4 cups of veggie or chicken stock

1 small onion/shallot, sliced

1 small (or large - depending on what you like) knob grated/chopped fresh ginger (about 3 TBSP)

2 stalks each 6 inches long of lemongrass. Note: I almost never have this available & instead always replace this with a few good glugs/squirts of lemon & lime juice to taste)

1 cup sliced mushrooms (or in quarters)

1/2 of a hot chili or some chili flakes

Rice to serve on

Lime juice or wedges, cilantro for serving.

Directions:

1) Chop & peel squash. Toss squash with about 2 tbsp of oil and some salt & place on a cookie sheet. Bake in the oven for 12 - 15 min or until tender at 400°F

2) Fry the onion & ginger in some oil in a large soup pot. While you're waiting for the onions to cook, put some rice on to cook - white or brown, your choice. I put on about 1.5 cups of uncooked rice with 3 cups water in another pot.

3) When onion is done, add the coconut milk, broth, & lemongrass (or lemon & lime juice). Bring to a boil & then simmer.

4) Add the squash whenever it's finished roasting.

5) Puree the soup until it's smooth - either with an immersion blender or by taking some soup & the squash out to puree in a blender.

6) Reheat the soup if needed.

7) Add mushrooms, hot chili (if using), & cilantro at the end (this keeps the mushrooms firm).

8) Taste and adjust seasonings. I usually end up adding more salt & lime juice and sometimes water depending on the squash.

9) Serve on rice with extra lime juice, cilantro, and basil.