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Turmeric Lemongrass and Noodle Broth

<http://properfoodie.com/turmeric-lemongrass-detox-broth/>

An Asian style spicy broth with turmeric, lemongrass and noodles. A filling soup, which is great for detoxing and revitalising.

Ingredients

800ml cold tap water
1 small carrot finely grated
1 small onion finely chopped
1 sprig fresh rosemary
2 kaffir lime leaves
1 bay leaf
1 lemongrass stem
1 star anise
2cm fresh ginger, fine grated
Zest of half a lime
Juice of a full lime
100g Baby corn halved length ways
1 tbsp mirin (sweet Japanese rice wine)
1 red chilli seeds left in and sliced into circles
1/2 tsp turmeric
150g straight to wok medium noodles
75g Edamame beans
1 tsp light soy sauce
Black pepper and sea salt to season
20g fresh coriander roughly chopped



Method

Pour the tap water into a large pan or wok and place on a medium heat. Add the carrot, onion, rosemary and bring to the boil. Use a rolling pin to bash the lemongrass and release its flavours and then add to the wok. Next add the kaffir lime leaves, bay leaf, and star anise. Simmer gently for 10 minutes or so.

As the mixture begins to reduce add the ginger including any juices that leak out during grating. Then add the lime zest, lime juice, and baby corn. Simmer for a further 10 minutes before finally adding the mirin, 3/4 of the red chilli, turmeric, noodles, edamame beans and soy sauce. Mix well and continue to simmer allowing the noodles to break apart and cook through (3-5 minutes).

Taste and season with salt and pepper.

At this point the broth can be transferred to seal-able containers and either chilled in the fridge for up to 5 days or frozen for up to 3 months. Defrost and reheat thoroughly.

If serving immediately, transfer to bowls and sprinkle over the fresh coriander and the remaining red chilli.