

Thai Fish Soup

Serves 4

- 1/2 pound wild ling cod, tilapia or other wild white fish
- 1/2 pound fresh water prawns (farm raised)
- 9 cups water
- 1/2 freshly squeezed lemon
- 2 teaspoons fresh thyme (1 teaspoon dried)
- 2 T. coconut oil
- 2 garlic cloves minced
- 1 lemon grass stem
- 1 small yellow onion chopped fine
- 3 small red potatoes cut into small quarters
- 1/2 cup finely chopped celery leaves
- 1/2 cup cilantro chopped fine
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon coconut palm sugar

Rinse and clean the shrimp. Combine all the fish, 6 cups of water and half the thyme in a large kettle or pot. Heat over medium heat until the water comes to a boil. Turn off the heat, remove the fish and set aside. Reserve the fish stock in the pot over low heat. Cut the lemon grass into 2 inch lengths. Take the end of your carving knife and pound the lemon grass until it is a bit mashed so it will release it's flavors when you add it now to the fish broth. You will be able to smell lemon grass aromas as it simmers and you will know you are in for a treat.

In another medium sized soup pot heat the coconut oil over medium heat. Add the onions, the rest of the thyme, the garlic and sauté for 5 minutes. Then add the celery leaves and sauté 5 minutes longer. Add the potatoes to the pot with 3 cups of water, the vegetables you've just cooked and all the seasonings. You can squeeze the juice of half a lemon into the pot, stir and adjust your seasonings. Simmer until the potatoes are tender, about 10 minutes. Return the fish to the pot with the stock and add the cilantro saving a few pinches. Simmer a minute or two just to reheat the fish. Turn off the heat so the fish and potatoes are chunky and firm. Ladle into soup bowls and put a pinch of cilantro on each bowl.