

K's Kitchen: Soup – because winter won't end

By Kathryn Reed

Sometimes it's necessary to improvise when cooking, especially when living in a small town – no matter the number of grocery stores.

The store only had green Fresno chilis so that is what I cooked with. The red would have made it look so much better. The color is usually a matter of how long the chili was left to ripen.

It's possible to use a different protein besides tofu. Cook it separately and then add it near the end.

When buying ginger, it's OK to break off the size you need. The easiest way to take off the outer husk is to use a spoon using the motion you would peel a potato.



Asian Noodle Soup

2 tsp sesame oil

1/3 C green onions, chopped, divided

6 garlic cloves, minced

1-inch piece ginger, thinly sliced

3 C vegetable broth

2 ounces uncooked soba noodles

2 tsp honey

2 tsp chile paste

14 ounces firm tofu, cubed

4 tsp green curry paste

1/3 C mung bean sprouts

1 red Fresno chile, sliced

Heat oil in a medium saucepan. Over medium heat cook half the green onions, garlic, ginger and tofu until tofu is slightly browned. Add stock; bring to a simmer. Reduce heat to medium-low and cook for about 10 minutes. Cook noodles according to package directions. Combine honey, chile paste and curry paste. Stir this mixture into the stock. Add noodles. Ladle into bowls and then sprinkle with green onions, mung bean sprouts and Fresno chile.