THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

PALM HEART SOUR SOUP WITH PRAWNS

A hot and sour Thai soup of palm heart and prawns, built on shrimp paste and lime juice with a little coconut cream to round it off. It takes 15 minutes once the prawns are blanched.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	15 min	10 min	25 min	Easy	Hot

INGREDIENTS

FOR THE SOUP

500 ml water

2 shallots, halved and lightly bashed

1 tbsp shrimp paste, plus a little extra to finish

1 tbsp palm sugar

1/2 tsp salt

1 1/2 tbsp condensed milk

200 g palm heart, sliced

2 red chillies, sliced

100 ml coconut cream

TO FINISH

200 g raw prawns, peeled

2 tbsp lime juice, or to taste

METHOD

BLANCH THE PRAWNS

1 Blanch the prawns in boiling water for 1 to 2 minutes until just cooked. Drain and set aside.

BUILD THE BROTH

2 Bring the water to the boil with the bashed shallots and the shrimp paste. Season with the palm sugar and the salt.

3 Stir in the condensed milk, then add the palm heart and the sliced chillies. Simmer for 3 to 4 minutes.

FINISH

4 Pour in the coconut cream and return to a gentle simmer. Add the blanched prawns and the lime juice.

5 Taste. Add a little more shrimp paste for depth or lime for sourness, then serve hot.

USEFUL SHORTCUTS FOR HOME COOKS

Canned or jarred palm heart works. Rinse it well and slice it thinly.

Add the lime juice off the heat if you want it to taste fresh rather than cooked.

Shrimp paste is strong. Add it a little at a time and taste.

Palm makes the mango salad, so Will takes the second dish. He cooks from a recipe he was given at the market: a sour soup of palm heart and prawns, built on shrimp paste and lime juice.Palm heart is the young growth at the top of the tree, just before the leaf. You can slice it and eat it raw,...