

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Hot + Sour Shrimp Soup

1 lb jumbo shrimp, shelled and raw
1 tbsp EVOO
5 cups chicken broth
2 stalks lemongrass
peel of half a lime
1 serrano chili, cut in half
1 canned straw mushrooms
juice of half a lime
1 tbsp fish sauce
sea salt

Garnish

Lime wedges
2 green onions, thinly sliced
2 tbsp chopped cilantro
1 serrano or jalapeno chili chopped

Shell the shrimp. Toss the shrimp shells in a soup pot with the EVOO and put the shrimp in the refrigerator. On high heat, sear the shrimp shells until they're all pink and add the broth, lemongrass, lime and chili. Bring to a boil. Reduce heat, cover and simmer for 30 minutes.

Strain broth and bring to a boil. Add mushrooms and remove soup from the heat. Add shrimp and when shrimp are pink, add lime juice and fish sauce.

Serve soup garnished with green onions, cilantro and chile. Serve with lime wedges.

Option: Add rice noodles. Cook according to package directions before adding to the soup.



Recipe + photograph courtesy of food writer, Lynn Ogryzlo
www.lynnogryzlo.ca
Episode #57: From Shells to Soup

Email Lynn with questions or comments at lynnogryzlo@gmail.com



Because What You Put In Your Body Matters!