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Our Heart "Beets" Plant Strong

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Malaysian Curry Laksa Soup

Laksa Paste Ingredients:

- 2 tsp coriander seeds
- ½ tsp fennel or cumin
- 1 inch fresh turmeric root
- 1 inch fresh ginger root
- 1 green chile
- ½ tsp cayenne
- 1 stalk lemongrass
- 3 cloves garlic
- 2 tbsp raw cashews
- Handful of fresh cilantro
- 1 tsp lime juice
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Laksa Curry Soup Ingredients:

- Laksa paste from
- 2 cup sliced white mushrooms
- ¾ cup sliced carrots
- ½ to 1 cup other veggies of choice (i.e. bell peppers, zucchini, broccoli...)
- 3 cups water
- 1 ½ cups lite coconut milk
- 6 to 8 oz brown rice noodles uncooked
- 1 cup chopped spinach or chard
- Cayenne to taste
- 1 tsp miso paste or tamari
- Sweetener if needed
- Cilantro for garnish

Instructions for paste:

1. Toast the coriander and fennel seeds for 2 to 3 minutes or until fragrant. Grind into a course mixture. (or use ground)
2. Add the rest of the ingredients to a blender or food processor and blend until paste. Add a tbsp or so of water if needed. The paste can be refrigerated for up to a week and frozen for longer.

Instructions for the soup:

1. Add 1 Tbsp water to a sauce pan with the curry paste (1/3 to ½ cup) adding additional water 1 Tbsp at a time as needed and warm.
2. Add mushrooms and cook for 2 minutes.
3. Add the veggies, water and coconut milk and bring to a boil. Reduce heat to medium low. Add in the rice noodles and let the mixture simmer for about 10 minutes.
4. Fold in the spinach/chard. Taste and adjust seasoning if needed and heat. A little tamari may be added for savory flavor. Can also add lime juice or a dash of agave/maple.
5. Garnish with fresh cilantro, mint, bean sprouts or crisped tofu and serve.