



NINO'S MARKET FRESH PRODUCE RECIPE

Crab & Asparagus Soup with Galanga



Yield 6 Servings

Similar to ginger in appearance and a member of the ginger plant family. **Galanga** is used primarily as an Asian or Indian dish. Although it looks like ginger, it varies in flavor from ginger, providing a spicy or peppery taste that may resemble a mild mustard flavor. **Galanga** root has a dense white-textured flesh that can be fairly hard to slice with a knife when preparing it as a seasoning in curry pastes, soups and other food dishes. To soften the root, it can be pounded or softened by soaking in hot water for a half hour. To store, keep the root dry by placing it in an airtight container. **Galanga** is available as either "Greater" or "Lesser" Galanga, so if it is labeled as such, the Lesser is the hotter or spicier flavored of the two root varieties.

6 oz .	Pasteurized Crab Meat	2 each	Green Onions, Sliced Fine
18 each	White Asparagus Spears (cut in 1/2" pieces)	2 - 1/4" slices	Fresh Galanga Root (peeled)
2 each	Eggs, Beaten	1 Tbsp.	Lemon Grass, Minced
2 Tbsp.	Cilantro, chopped	1 tsp.	Thai Red Chiles, Minced
6 cups	Chicken Broth (Kitchen Basics)	1 tsp.	Sesame Oil

Method:

In a soup pot, sauté Green Onion, Galanga, Lemon Grass and Chiles in Sesame Oil for 2 to 3 minutes. Add Chicken Broth and simmer one hour. Remove slices of Galanga, mash to a paste and add back to broth. Bring broth to a hard simmer and add beaten egg, stirring constantly to shred eggs & make garnish-like pieces. Reduce to a gentle simmer and add Crab and Asparagus. Simmer 15 minutes longer. Season with Salt if needed and add Cilantro to soup just before service.