

Kao Lao soup with beef tenderloin and lemongrass

Recipe for 4 persons

Description

Soup made of veal stock, star anise, kaffir lime leaf and thinly sliced beef tenderloin.

Note

The degree of spiciness is controlled by adding or removing some the chili's.

Ingredients

For the soup

- 1 Liter(s) Veal stock
- 2 Unit(s) Kefir lime leaves
- 1 Unit(s) Bird's eye chili
- 2 Stick(s) Lemongrass
- 100 Ml Light soy sauce
- 100 Gr Palm sugar
- 50 Gr Fresh ginger
- 1 Stick(s) Cinnamon
- 4 Unit(s) Star anise

For the garnish

- 2 Unit(s) Beef filet mignon
- 100 Gr Sprouted soybeans
- 100 Gr Carrot
- 2 Sprig(s) Thai basil

Preparation

- Preparation time **45 mins**

General preparation

Thinly slice the beef tenderloin. Crush and roughly mince the lemon grass. Peel and slice the ginger. Tear the kaffir lime leaves in half and cut the chili in half. Cut the carrot into a fine julienne.

Soup preparation

In a stock pot mix all the ingredients for the soup together and bring to simmer for 20-30 min. With the help of a strainer filter the soup and keep warm for service.

To serve

In a soup bowl garnish the bottom with the slices of beef and add the bean sprouts, the carrot julienne and the Tha basil. Cover with very hot soup and serve.

Bon appétit!