

Cooking with the Classics

Chef Heather's Asian Fish Noodle Soup

Ingredients:

6 ounces Asian
Rice noodles;
OR wheat
noodles

½ teaspoon dark
sesame oil

5 cups chicken
stock

2 tablespoons
soy sauce



1 piece (2 inches) fresh ginger, finely chopped

1 teaspoon sesame seeds (toasted, preferably)

½ tablespoon garlic

1 cup cooked white fish or salmon fish (okay to use canned salmon)

1 cup cooked fresh snow peas or fresh spinach, coarsely chopped

3 scallions or chives, very thinly sliced (cut on a bias)

Steps:

In a soup pot of boiling water, cook the rice noodles for 1 minute (if wheat noodles, then 6 minutes or as package directions suggest).

Drain and transfer to a bowl. Toss with sesame oil.



In the soup pot, combine the stock, soy sauce and ginger, sesame seeds and garlic. Bring to a boil and taste for seasoning.

Add noodles, fish and spinach mixture.

Heat until hot, ladle into bowls.

Garnish with scallions and chives.