

# Healthy Brown Rice Bee Hoon Soto

Serves 4



## Ingredients

### For Chicken Soup

2 stalk lemongrass, (the white portion about 4 inches from root)  
2 bunches of coriander roots  
1 piece galangal (about 1 cm, bruise it with back of knife)  
2 litres of water  
1 tbsp salt  
2 tsp rock sugar (can be replaced with any other sugar)  
500 g cleaned skinless chicken pieces.  
3 tbsp canola oil (reduce to 2 tbsp if using non-stick pot)

### Part A

Blend the 3 ingredients below with a bit of water  
4 cloves garlic  
1 ½ inch ginger (about 30 g)  
1 big onion (about 85 g)

### Part B

¼ tsp turmeric powder  
¼ white pepper powder  
½ tbsp coriander powder  
Add a bit of water and mix to paste

### Part C

1 piece cinnamon stick  
1 tsp fennel seeds  
1 tsp cumin seeds  
1 tbsp coriander seeds  
1 star anise  
2 cardamoms  
2 cloves

### For Noodles

300 g brown rice bee hoon  
150 g bean sprout

### For Garnish

2 bunches of coriander leaves.  
Keep the roots for stock  
1 stalk spring onions  
Air fried shallots (thinly slice some shallots, lay them on a wire mesh, and spray some oil on them. Heat up the air fryer to 130°C and cook for 8 minutes. Shake and stir them before cooking them or another 3-5 minutes according to your preference of how brown you like your shallots.)

### For Sambal Kicap

3 tbsp sweet soy sauce  
8 thai red chilli  
3 shallots cloves



**Preparation method  
on the next page**

**Semi-finalist**



**Courtesy of Hasliza Kiman  
and Johari Shamsudin**

*“This healthy Soto version is something which I’ve experimented a few times and adjusting at every try to suit our palate.”*



## Preparation

1. Heat up pot, add canola oil.
2. Add Ingredients C and sauté a few minutes till the fennel starts popping. Remove from pot.
3. Add Ingredients A to the pot and sauté for about 3-4 minutes or until onions are slightly translucent.
4. Return Ingredients C to the pot and sauté for another 3-4 minutes. Careful not to burn.
5. Add the chicken pieces, sauté for 1 minute or so.
6. Add the ingredients for the chicken soup; water, coriander roots, galangal, salt and rock sugar.
7. Cover and let it cook on high heat. Occasionally skim off the scum.
8. While waiting for the soup to cook, soak the bee hoon in hot water for 5 minutes. Then drain and set aside.
9. Wash the beansprout and chopped the garnish coriander leaves and spring onions. Set aside.
10. Prepare the sambal kicap.
11. 5 minutes before end of cooking time, remove chicken and shred the meat and set aside. Continue to simmer the soup.

### For Sambal Kicap

1. Blend all ingredients coarsely.

### To Serve

1. Place some bee hoon, top with crunchy bean sprout, followed by shredded chicken.
2. Ladle hot soup over the bean sprout and chicken.
3. Sprinkle coriander and spring onions.
4. Serve with sambal kicap.



