

Chicken and Papaya Soup

Serves 6 - 8

2 Tbsp. Canola Oil
2 Lbs. Bone-in Chicken Thighs, cut into 1/3rds
1 Onion, julienne
1 Tbsp. Garlic, minced
2 Tbsp. Ginger, minced
6 Cups Low Sodium Chicken Broth or Water
3 Tbsp. Fish Sauce (Patis)
2 Cups Green Papaya*, 1/2" cubes
1 Cup Fresh Spinach

1. Place canola oil in a large pot on medium-high heat and let heat for 1 minute.
2. Add chicken thighs and sauté for 2-3 minutes, then add onions and sauté an additional 2-3 minutes.
3. Add garlic, ginger, chicken broth, and fish sauce. Bring up to a boil, then let simmer for about 30 minutes, skimming off any scum.**
4. Add green papaya and simmer for an additional 10 minutes or until fork tender.
5. Add spinach and let wilt, should take less than a minute.
6. Taste to ensure seasoning, then serve!

* Green Papaya works best here from a flavor and texture standpoint, but if you can only get ripe papaya, cut it larger, about 1" cubes, and simmer for only 5 minutes.

** Scum is the frothy gray stuff that will form at the calmest point of your soup. This is mostly the blood and loose proteins from the bones and will cloud your soup. Use a ladle or even a large spoon to gently skim the surface of your soup to remove this.