

Mickey Trescott's Fish Curry Soup with Trumpet Mushrooms

INGREDIENTS

- 1 tbsp coconut oil
- 1 yellow onion, chopped
- 2 stalks lemongrass, ends removed and bruised (see note)
- 1 bunch cilantro, stalks removed and chopped and leaves reserved
- 1 2-inch piece ginger, peeled and minced
- 3 cloves garlic, minced
- 2 cups water or chicken bone broth
- 1½ tbsp powdered turmeric
- 1 teaspoon sea salt
- 2 carrots, cut into 1½-inch pieces (about 1 cup)
- 1 large white sweet potato, cut into 1½-inch pieces (about 2 cups)
- 1 14-oz can coconut milk
- 1 lb firm whitefish, deboned and cut into chunks
- 8 oz shrimp, deveined and peeled
- 1 lime, juiced
- 4 oz trumpet mushrooms (optional)
- 1 bunch green onions, ends and stalks removed, cut into small rounds
- Sea salt to taste



Fish Curry Soup with Trumpet Mushrooms

INSTRUCTIONS

1. Heat the coconut oil in the bottom of a heavy-bottomed pot on medium-high heat. When the fat has melted and the pan is hot, add the onion, bruised lemongrass, and cilantro stalks and saute, stirring, for five minutes, or until onions are translucent.
2. Add the ginger and garlic and saute for another two minutes, until fragrant. Turn off the heat and remove the lemongrass stalks, set aside.
3. Add the water to a blender and then add the onion spice mixture and blend until completely combined, about a minute.
4. Place the mixture back into the pot with the lemongrass stalks, turmeric, sea salt, and carrots. Bring to a boil and then turn down to a simmer, cover, and cook for 15 minutes.
5. Add the sweet potatoes, and continue to simmer for another 10 minutes, or until the vegetables are tender when pierced with a fork.
6. Meanwhile, heat a small bit of coconut oil in a small skillet and saute the trumpet mushrooms until cooked and crispy, about 5 minutes. Set aside.
7. Add the coconut milk and bring back to a simmer, when the mixture is hot again, add the white fish and shrimp, and cook for 1-2 minutes until the fish is opaque and shrimp is pink.
8. Turn off the heat, remove the lemongrass, and add the lime juice. Taste and add salt if needed.
9. Serve each bowl of soup garnished with mushrooms, green onions, and the reserved cilantro.

NOTES: Note: To bruise the lemongrass, simply remove the bottom and smash the stalk on your cutting board with the flat side of a knife.

Recipe Courtesy of Mickey Trescott and

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