

VIETNAMESE PORK AND CRAB SOUP (BUN RIEU)

Ingredients

3 fresh mud crabs
3 garlic cloves (crushed)
500 grams of pork shoulder (portioned and include the bones and fat)
1 litre coconut water
5 tomatoes (diced)
200 grams minced pork
200 grams minced shrimp or prawn
100 grams small whole shrimp/prawns (diced)
450 grams of firm tofu
3 red chillies
1 lime
1 cup bean sprouts
1/2 cup Vietnamese mint leaves
Cooking oil

Directions

1. Thoroughly clean the outside shell of the crabs. The shell is loaded with flavour as is the inside of the crab, which is filled with roe and offcuts. Put all of this in a bowl and set aside.
2. In a large boiling pot add garlic, a tablespoon of cooking oil and let it simmer for a few minutes.
3. Add the chopped pork and approximately 1 litre of fresh coconut water, bring to a boil and then cover and simmer.
4. In a separate frying pan add 1 tablespoon of cooking oil, diced tomatoes and diced garlic cloves, mix over a low flame and stir fry for about 4 minutes, remove and add to the stock pot mixture.
5. Combine minced pork, shrimp/prawn together. Use your hands to mix together and begin to make small round, flat patties. Once you have formed the patties add them to the frying pan with a tablespoon of cooking oil and fry them until they are golden brown on both sides. Remove from heat and set aside.
6. Slice tofu and place it in the same frying pan over a low flame for a few minutes on each side until golden brown and then set aside.
7. Using the same frying pan (add a little more oil if necessary), add diced garlic, the juice that came out of the crabs along with the crabs and their shells. Stir fry for a few minutes and then add everything to the stock pot mixture.
8. While everything is cooking in the stock pot on a separate plate dice some chillies, slice some lime wedges, add the mint leaves and the washed bean sprouts.
9. When the soup is ready place it in a bowl adding all the elements, the crab legs, pork, shrimp and pork patties, broth and tofu.
10. Garnish with the diced chillies, lime wedges, mint leaves and bean sprouts.

