

MONTANA TROUT AND PUMPKIN CURRY SOUP

1 can coconut milk

3 Tbs. curry

4 cups chicken stock

2 Tbs. fish sauce

2 Tbs. sugar

1 lime juiced

½ tsp turmeric

2 stalks celery diced

Salt and pepper to taste

3 stalks of lemon grass * or 1 tsp. lemon grass paste

1 lb. fresh pumpkin peeled and cut into bite size chunks

1lb trout fillet - bones and skin removed, cut into about 1 inch chunks (optional) *

Fish could also be substituted with cubed cooked chicken

In a large pot, add everything except for the trout. Bring to a boil then reduce to a simmer, cook until pumpkin starts to get soft but not mushy. Reduce heat to low and add trout cook for about 5 minutes once trout is added refrain from stirring so as not to break it up.

