A group of diverse cartoon children holding hands in a circle around a globe. The children are of various ethnicities and are dressed in colorful, simple clothing. The globe in the center shows the continents of North and South America in green against a yellow background. The children are arranged in a circle, with some standing upright and others upside down, all holding hands.

WORLD SERIES

TODDLER
TREATS



Say goodbye to fussy eaters by introducing a world of flavors with toddler food that is homemade with love. Introducing a variety of food to toddlers helps them to eat a rainbow of colors and tastes. The tasty and nutritious recipes in Fresh Baby's World Series Collection help you provide a flavorful start for developing a lifetime of healthy eating habits.

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INTRODUCTION TO BRAZILIAN COOKING



The people of Brazil consider food one of the simple pleasures of life. Meals are social occasions where good food and good company come together in celebration. Brazilians love to sample a variety of foods at a meal - making bite-sized appetizers and small plates popular menu items. Robust stews & casseroles infused with coconut milk and cowboy-style grilled meats called “churrasco” are national treasures. Brazilians also have a sweet tooth. Recipes for sweet breads and puddings are plentiful, and ripe, juicy tropical fruits grace many dishes.

Ingredients found in the Brazilian pantry:

- **Beans** - Brazilians grow and eat more beans than any other country in the world! This healthy, affordable legume is a staple in the Brazilian pantry.
- **Cassava** - Cassava is a starchy-root vegetable that is used much like potato. Sweet cassava can be eaten raw, but bitter cassava must be cooked. White potatoes and sweet potatoes make good substitutes for cassava in recipes.
- **Cassava Meal** - You can find cassava meal online or at a local Latin market, or you can use tapioca flour as a substitute. Cassava meal when toasted is called, farofa, and is sprinkled like a condiment on many dishes.
- **Cilantro** - Cilantro is the most popular herb in Brazil.
- **Coconut Milk** - The creamy liquid extracted from the flesh of coconuts is one of the most important ingredients in Brazilian cooking.
- **Hearts of Palm** - This canned vegetable is harvested from the soft core of a palm tree. Hearts of palm are often marinated or tossed with salad dressing and served in salads for meals.
- **Kale** - Kale is the super green food of Brazil. It is usually served shredded and stir -fried.
- **Lime** - Did you know there are no lemons in Brazil? The limao, as it is called, is an essential part of many Brazilian dishes.
- **Tropical Fruits** -Papaya, mango, pineapple, passion fruit, guava, and bananas are all popular served fresh, used in cooking or juiced.



PEANUT BUTTER CHEESE TOAST

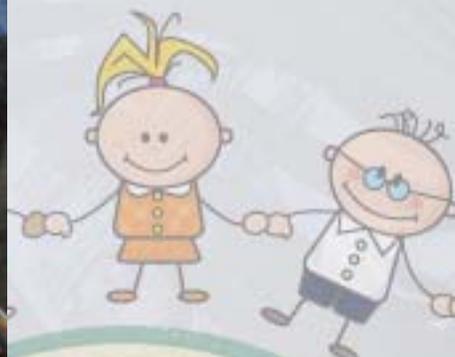
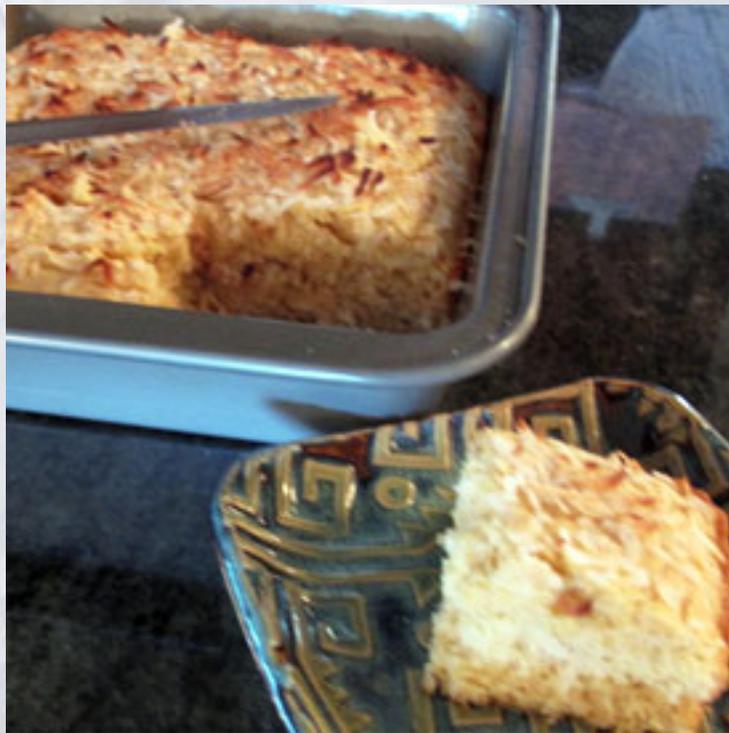
INGREDIENTS	DIRECTIONS
3 slices Whole wheat bread	Lightly toast the bread slices.
2 Tbsp. Peanut butter	Cut bread slices in half or quarters and spread with peanut butter.
1/4 cup Monterey jack cheese, shredded	Preheat oven (or toaster oven) broiler. In a small bowl, combine the cheese, paprika, cilantro and a seasoning of salt and pepper.
1/8 tsp. Paprika	Sprinkle cheese mixture over top of the peanut butter.
2 tsp cilantro, chopped	Arrange toast pieces on a foil-lined cookie sheet and place under broiler for 2-3 minutes or until cheese is bubbly.
Salt and Pepper, to taste	Allow to cool slightly before serving.



COCONUT CORNBREAD

Brazilians enjoy breakfast breads made from corn. This flavor of this cornbread is enhanced with coconut. Serve this bread with fresh, tropical fruits and jellies.

INGREDIENTS	DIRECTIONS
<p>1 ¼ cup All-purpose flour ¾ cup Cornmeal ¼ cup Sugar 2 tsp. Baking powder ½ tsp. Pumpkin pie spice ½ tsp Salt ½ cup Milk ½ cup Coconut milk ¼ cup Vegetable oil 2 eggs ½ cup Sweetened coconut</p>	<p>Preheat oven to 400 and grease 8 or 9-inch baking pan.</p> <p>Combine the dry ingredients. Stir in milk, coconut milk, oil, egg and coconut mixing until dry ingredients are moistened.</p> <p>Pour batter into the baking pan. Bake 20-25 minutes or until golden brown and a wooden pick inserted in the center comes out clean</p>



INTRODUCTION TO FRENCH COOKING



French chefs cook plan menus based on the local harvest. Cooking with the seasonal foods means you are using the freshest ingredients available, which means you'll taste more of the natural goodness of the food and get the most nutritional value. Styles of cooking in France range from elaborate and time-consuming to fresh, easy-to-prepare dishes. Simply adding fresh herbs, lemon juice, vinegars and a touch of butter is perfect way to create a French inspired, healthy meal. Food presentation is important in French cooking. Food is plated with great care and you will often see a sprig of fresh herbs, thinly sliced fruit or edible flowers added for a splash of color and touch of culinary artistry.

Commonly used herbs in French cooking include:

- **Fennel** - Fennel's refreshing licorice flavor enhances poultry and vegetable dishes.
- **Lavender** - This herb is commonly found in perfume or aromatherapy, but some varieties are edible. Use fresh or dried lavender flowers in baked goods and as a seasoning for vegetables.
- **Marjoram** - Marjoram tastes a bit like oregano with a delicate citrus twist. It is a great all-around herb and can be used to season meats, eggs and vegetables.
- **Mint** - Fresh mint's refreshing flavor makes is the perfect ingredient for a great summer meal. It is often served with fruit (in a salad or punch) or paired with a vegetable.
- **Rosemary** - Rosemary contains anti-oxidants and is full of flavor, which makes it both a tasty and healthy addition to roasted potatoes and grilled or roasted meats (especially lamb).
- **Sage** - Sage is best known as the seasoning in your Thanksgiving stuffing, but don't save it for just that purpose. Use fresh or dried sage on pork, chicken, rice and vegetable dishes.
- **Tarragon** - Adding a small amount of fresh or dried tarragon to vinegars and oils is a great way to add flavor to meat, tofu, seafood and vegetable dishes.
- **Thyme** - Thyme is a culinary favorite for many chefs. Use thyme to season soups, salads, meats and vegetables. It brings a sweet, lemony flavor to food.

Herbs de Provence

Herbs de Provence is a robust mixture of dried herbs made popular in the southeastern region of France. It is often used to flavor grilled meats, fish, eggs and vegetables. It is added before or during cooking. There are many variations to this herb mixture but most recipes use rosemary, savory, marjoram and thyme. Lavender is a newer addition to the traditional mixture and adds wonderful aroma.

Make Herbs de Provence at home:

- 5 Tbsp. Dried thyme
- 3 Tbsp. Dried savory
- 2 Tbsp. Dried marjoram or oregano
- 5 Tbsp. Dried rosemary
- 1 Tbsp. Dried lavender flowers (optional)

Combine all ingredients and store in an air-tight container in a dark place. Use as a seasoning for grilled meats, fish, eggs and vegetables. For best results, add before or during cooking.



OMELETTES AUX FINES HERBES

(OMELET WITH FRESH HERBS)

The French omelet has been a culinary delight since the 16th century and it's an easy toddler breakfast, lunch or dinner. This high protein dish makes an energizing meal for on the go toddlers. Our recipe is for a 1 egg omelet - the perfect size for a small child.

INGREDIENTS

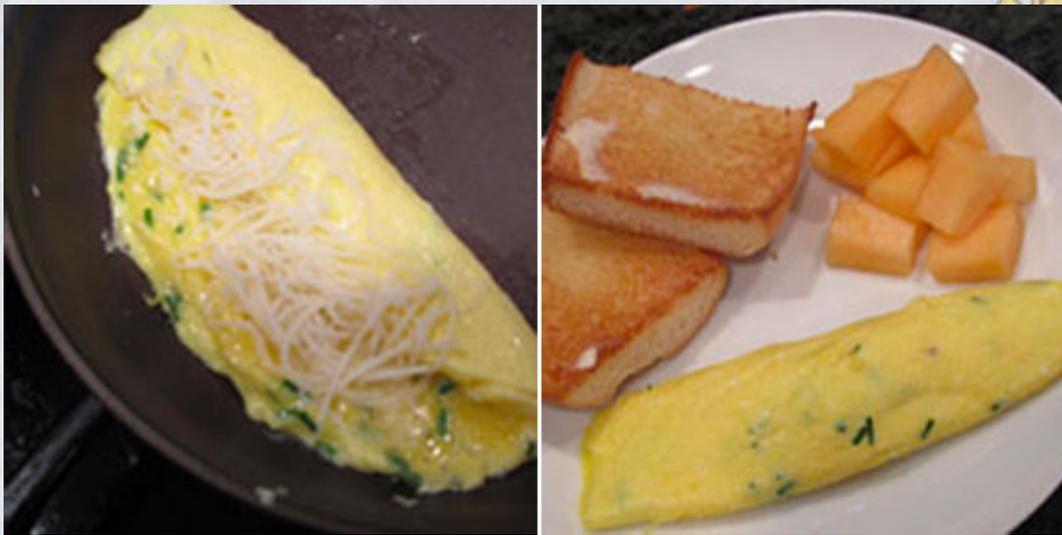
1 large Egg
1 tsp. Butter
½-1 tsp. Fresh chives, chopped
Small pinch of kosher salt
1 Tbsp. Gruyère or Swiss cheese, shredded

DIRECTIONS

Crack the egg large into a small bowl and add the chives and sea salt. Using a fork beat the egg mixture well. In a 6-inch non-stick pan, over medium heat, melt butter. Swirl the butter in the pan to coat the bottom. Add the egg mixture. With your fork, stir the eggs quickly to form small curds.

When the egg mixture begins to set (after about 1-2 minutes) press gently on the egg with the fork or a flat rubber spatula to flatten it. Angle the pan downward, and using the fork or flat rubber spatula, fold the top part of the omelet inward. Sprinkle the cheese across the center. Fold in the bottom part inward. Cook for 30 more seconds and slide it on a plate.

Serve with toast and fresh fruit - Voila!



INTRODUCTION TO GERMAN COOKING



Traditionally, Germans enjoy eating hearty meals. Today, health conscious Germans still enjoy traditional hearty favorites, but in smaller portions. Like many countries, German food and cooking styles varies by region. The northern region's specialties include pickled, smoked, and fresh fish. In the central region, you will find wild game, sausages, and a variety of vegetables. And, the southern area is the home to dumplings, breads, and a variety of meat dishes. Eating local is a way of life in Germany, the practices of pickling and preserving foods is a way to save the local harvest for the cold winter months.

Guide to Popular German Foods:

- **Asparagus** - Asparagus grows in every region of Germany and the locals love it so much they nickname it Königsgemüse, which means "King's Vegetable" and Frühlingswonne, which means "Springtime Delight".
- **Kohlrabi** - A kohlrabi is a cross between a cabbage and a turnip. Germany is the world's largest producer and consumer of kohlrabi. Kohlrabi taste like a broccoli stem, but sweeter. In the US, Kohlrabi is available from May to December and comes in both white (which is actually green) and purple varieties.
- **Sauerkraut** - Sauerkraut is made by fermenting sliced green cabbage. Sauerkraut can be eaten raw or cooked. It is very high in Vitamin C and aids in digestion.
- **Wurst** - Cold cuts and sausages are called wurst. The wurst was created as a way to preserve and store meat. There are over 1500 varieties of wurst. The most widely known are Bratwurst, Weisswurst and Frankfurter (a.k.a. hot dog).
- **Sauerbraten** - Sauerbraten is a roast made with marinated beef or venison. The marinade is made with vinegar, wine, vegetables and spices. The meat is marinated for 3 to 4 days before cooking which makes it very tender and juicy.
- **Weiner Schnitzel** - A Wiener Schnitzel is a pan-fried veal cutlet that has been breaded using flour, egg and bread crumbs. Fresh lemon is squeezed over the cutlet before serving. This dish can also be made using pork, turkey or chicken.
- **Spätzel** - Spätzel is a German pasta dish made using flour, eggs, water and salt. The dough is cut or pressed to form small strips. Like pasta, it can purchased dry and is boiled to cook it. □ □
- **Strudel** - Strudels are pastries filled with fruits, vegetables, or meats. The most popular strudel is Apple Strudel. The name "Strudel" means whirlpool because the rolled dough looks like a whirlpool. □ □
- **Butterbrot** - Butterbrot is a slice of bread (brot) with butter. This is the basic start of many German meals. Butterbrot is topped with fruit spreads for breakfast and cheese, wurst or vegetables for snacks. Germans love their bread. In fact Germany produces more breads than any other country. The most popular varieties of German breads include rye, whole grain, multi-grain, sunflower and pumpkin.



KARTOFFELPUFFER UND APFELMUS

Potato pancakes and applesauce are an authentic German treat and will make a delicious meal for your little ones.

POTATO PANCAKES (KARTOFFELPUFFER)

INGREDIENTS	DIRECTIONS
<p>2 medium Russet potatoes 2-3 scallions, thinly sliced 1 egg 2 Tbsp. flour 4 Tbsp. vegetable oil ¼ tsp of each salt and pepper Dash of nutmeg Perfect Applesauce (recipe on page 10)</p>	<p>Wash, peel and grate potatoes (for grating use a box grater or a food processor). In a medium sized mixing bowl, beat the egg, scallions, flour, salt, pepper, nutmeg and egg. Add potatoes and mix thoroughly.</p> <p>Pour oil into a large, frying pan. The oil should cover the bottom of the pan about 1/8-inch deep. Heat oil on medium high heat. Using about 1/3 cup, drop the potato mixture into hot oil and flatten with the back of a spoon. Fry 3 minutes on each side, or until golden brown.</p> <p>Drain on paper towels and keep warm in low oven until serving time. Repeat until all potato mixture is used. Makes about 8 potato pancakes. Serve warm with applesauce (recipe on page 10).</p>



PERFECT APPLESAUCE (APFELMUS)

INGREDIENTS

4 cooking apples (such as Golden Delicious, Granny Smith or McIntosh)
2 Tbsp. butter or margarine
1/3 cup water
1/4 cup sugar
1/4 tsp. cinnamon

DIRECTIONS

Wash, peel, and remove the core from the apples

Place apples, butter, sugar, water and cinnamon in a heavy pan.

Cook on low heat until apples are soft and mushy, about 25-30 minutes.

Makes about 3 cups, 6 servings



INTRODUCTION TO IRISH FOOD

A visit to rural Ireland is filled with spectacular views of lush, green hillsides and fields. Ireland's green countryside is perfect for raising cattle and sheep and dairy farming. The country's mild climate provides a long growing season for a variety of vegetables and fruits. Irish cooks take advantage of the local harvest by choosing to cook with high quality, local and fresh ingredients. Irish cooks keep it simple in the kitchen. Dishes are prepared using basic ingredients and easy to follow recipes.



The staples in an Irish kitchen include:

- Potatoes (you may have guessed this!)
- Root vegetables (parsnips, carrots, etc...)
- Cabbage
- Whole grains
- Beef, mutton (lamb/sheep) and fish
- Dairy products - cheese, milk, butter and buttermilk



PUMPKIN DATE SCONES

Ireland is well-known for baked goods. Crusty on the outside and moist on the inside, the scone is an authentic Irish treat. Our recipe adds a little extra nourishment with pumpkin puree and whole grain graham cracker crumbs. We also show you how to make smaller scones for little fingers.

INGREDIENTS

1-1/2 cups Flour
4 Graham crackers, crushed (1/2 cup crumbs)
1/3 cup Sugar
1 Tbsp. Baking powder
1/2 tsp. Salt
1/2 tsp. Pumpkin pie spice
1/4 cup Chopped dates, minced
6 Tbsp. Cold butter, cut into 1/4-inch slices
1/2 cup Canned pumpkin (100% pumpkin)
3 Tbsp. Buttermilk
1 Egg



DIRECTIONS

Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper; set aside.

Whisk together the dry ingredients: flour, graham cracker crumbs, sugar, baking powder, salt, and pumpkin pie spice. Slice the cold butter into small pieces and cut it into the flour mixture with a pastry cutter or 2 knives until the butter pieces are no larger than small peas. Toss in dates and set aside.

In a separate bowl, whisk together wet ingredients: pumpkin, buttermilk and egg. Fold wet ingredients into dry ingredients, and form the dough into a ball.

Pat out dough onto a lightly floured surface and form into a 1-inch thick rectangle about 4 inches by 12 inches. Use a large knife or pizza cutter to slice the dough lengthwise making two equal portions. Cut each log into 4 squares and cut each across the diagonal to form triangular shaped scones (each log will make 8 scones).

Place scones on the prepared baking sheet leaving about 1/2 inch between each scone triangle. To add a touch of sweetness, brush the tops of the scones with buttermilk and sprinkle with sugar.

Bake for 13 minutes, or until light brown. Place on wire rack to cool. Scones can be frozen for 3-4 months



INTRODUCTION TO ITALIAN FOOD

Italy has 20 regions, each with its own specialty dishes and cooking styles. From the far north regions to the southern shores, fresh food is the key to great tasting dishes. Italian recipes are handed down from grandmothers to the next generations. Many recipes are surprisingly simple, so you do not need to be a culinary expert to cook up great Italian dishes at home. Traditionally, the preparation of Italian food is as much of a part of the feast as the actual meal. Kids can join in on the cooking fun by washing produce, measuring ingredients, stirring, and more. Children who get involved in preparing their food are more likely to eat it.



The basic ingredients to keep on hand for preparing healthy Italian dishes are:

- Olive oil
- Olives and capers
- Whole Grains
- Tomatoes (Fresh and Canned)
- Garlic
- Parmesan cheese or other hard cheese
- Mozzarella cheese

Common Herbs and Spices in Italian foods:

In addition to fresh basil and Italian parsley (flat-leafed variety), oregano, thyme and marjoram are commonly used in Italian dishes. Lemons grow throughout Italy and are also used to enhance many Italian dishes.



ITALIAN WEDDING SOUP

Italian Wedding Soup is a classic Italian-American dish with a great mix of vegetables, pasta and tiny meatballs. Its name comes from the fact the meat and vegetable taste great together - they are a perfect marriage!

INGREDIENTS

2 quarts (64 oz.) Chicken Stock
1 Carrot, diced
1 Celery Stalk, diced
½ cup Ditalini Pasta (or small-shaped pasta)
1 pound Ground Pork
½ tsp salt and pepper
¼ cup Italian-Style Bread Crumbs
¼ cup Parmesan Cheese
1 cup Cut Green Beans (fresh or frozen)
1 (15 oz.) can Chick Peas, rinsed and drained

DIRECTIONS

In a large pot, bring chicken stock, carrot, celery and ditalini pasta to a boil. Turn heat down to medium and simmer for 7 minutes.

Meanwhile, make the meatballs. Combine ground pork, bread crumbs, Parmesan cheese and salt and pepper in a bowl. Form mixture into ½-1-inch meatballs. Drop the meatballs into the simmering soup and cook for 5 minutes. Add the green beans and chick peas and cook an additional 5 minutes.

Serve with bread or homemade muffins. Italian Wedding Soup can be frozen in small portions for terrific warm-up lunches or after school snacks.



INTRODUCTION TO JAPANESE FOOD



The people of Japan enjoy a long, healthy life. So much so, that according to research, Japan has the longest lifespan of any country in the world. The Japanese diet has been shown to play a big role in this long, healthy life.

There is a lot more to Japanese cooking than sushi. Many Japanese dishes are noted for having an umami (say it oo-MA-mee) flavor. Umami is a savory taste with meaty flavors. Shitake mushrooms and soy sauce provide umami taste and are common ingredients in Japanese dishes.

Common foods in Japanese meals include:

- Brown and White Rice
- Soba and Udon Noodles
- Vegetables
- Mushrooms
- Soy Beans - edamame and Tofu
- Nori (Dried seaweed sheets used for wrapping sushi)
- Fruits



OKONOMIYAKI

Okonomiyaki is a Japanese-style pancake and is very popular with kids. There are restaurants all over Japan that specialize in making Okonomiyaki. These places have special tables with a griddle built into them. Families are seated around the griddle, they cook their Okonomiyaki and eat them. We chose to make this dish with cabbage, green onion and shrimp, but you can use almost any shredded vegetable and chopped meat combination.

OKONOMIYAKI PANCAKES

INGREDIENTS	DIRECTIONS
<p>1/4 cup Flour 1 tsp. Baking powder 1 Egg 3 Tbsp. Water 3/4 cup Nappa cabbage, shredded 5 Cooked shrimp, chopped or 1/4 cup cooked chicken, chopped 2 Green onions (green parts only), chopped</p>	<p>Combine flour and baking powder in a medium size mixing bowl. Gently mix in the water and egg. Next, add the cabbage, shrimp and green onions and mix them together thoroughly.</p> <p>Heat a skillet over medium heat and lightly oil. Spoon the okonomiyaki mixture in to the skillet to make 2 pancakes (about 4-inches wide).</p> <p>Cook about 4-5 minutes and turn it over with a spatula and cook an additional 4 minutes. Both sides should be a light golden brown and the pancake will be firm in the center.</p>



OKONOMIYAKI SAUCE

INGREDIENTS

3 Tbsp. Ketchup
1 tsp. Worcestershire sauce
1 tsp. Soy sauce

DIRECTIONS

Combine all ingredients in a small bowl.

Serve okonomiyaki pancakes on a plate and spread the sauce over the top.



INTRODUCTION TO MEXICAN FOOD



Mexican food is considered one of the most varied in the world. There are many cooking styles for preparing Mexican foods, the use of fresh ingredients is a constant with every style. Corn, beans, fresh fruits and vegetables, and robust spices are staples in the native Mexican diet. In the United States, the spiciness of Mexican food varies depending where you live. In the South and West, a spicier Tex-Mex style is popular. Moving further to the North and East, the spices tend to migrate to the milder side.

The staple ingredients for Mexican cooking:

- Corn
- Beans (Black, Kidney, Pinto)
- Tomatoes and Tomatillos
- Avocados
- Tortillas
- Rice
- Limes and Oranges

Herbs and Spices in Mexican cooking:

Mexican food is filled with flavor and the most common spice is the chile pepper. Other commonly used herbs and spices include:

- Cilantro
- Cumin
- Oregano
- Garlic
- Cocoa or Mexican Chocolate
- Honey



EMSPANADAS

Street food is popular throughout the cities of Mexico. Food vendors sell tacos, tamales, and empanadas. Empanadas are small pastries stuffed with sweet or savory fillings. In Mexico, sweet fillings in empanadas are the most popular. We cut our empanadas pastry into 4 ½-inch circles to make a smaller empanada that is perfect for tiny hands to enjoy.

INGREDIENTS	DIRECTIONS
<p>Empanada filling (recipes below) 1 sheet of puff pastry 2 Tbsp sugar</p>	<p>Preheat oven to 375 degrees. Roll out puff pastry into a thin layer on a lightly floured surface. Using a 4-5 inch circle cookie cutter, cut pastry into 8 rounds. Place about 1 Tablespoon of empanada mixture in the middle of one of the pastry rounds. Brush the edges with water and fold in half. Press edges with a fork to seal the edges. Place on cookie sheet lined with parchment paper. Repeat with the rest of the pastry rounds and filling.</p> <p>Bake the empanadas for 15-20 minutes or until they are golden brown.</p> <p>Remove from oven and let cool slightly. Dust the Banana & Chocolate Empanadas with powdered sugar when slightly cooled.</p>

BANANA & CHOCOLATE FILLING

INGREDIENTS	DIRECTIONS
<p>1 banana, diced ¼ cup chocolate chips Juice of ¼ lemon Sprinkle of cinnamon Powdered sugar</p>	<p>Combine banana, chocolate chips, lemon juice, and cinnamon in a small bowl. Set aside</p>



CHEESE & OLIVE FILLING

INGREDIENTS

2 ounces Colby-jack cheese, diced
1 Tbsp. small green olives stuffed with pimentos, sliced
1 Tsp. cilantro, chopped

DIRECTIONS

Combine cheese, olives and cilantro in a small bowl. Set aside.



INTRODUCTION TO THAI FOOD



The original name of Thailand was Sukhothai, which means "Dawn of Happiness". Without a doubt, sharing a Thai meal will bring this attitude of pleasure to your table.

Preparing Thai food is quick and easy. Most recipes are cooked on a stovetop for a short period of time making Thai food ideal for weeknight dinners. Plus soups and curries can be made ahead of time, frozen and reheated for serving. Cooking a Thai meal will introduce your family to a new culture through a variety of flavors.

Common flavors in Thai cuisine include:

- Chilies
- Cilantro
- Mint
- Coconut Milk
- Fish Sauce (Thailand's version of soy sauce)
- Galangal (if you can't find this ingredient substitute: ginger)
- Lemongrass (if you can't find this ingredient substitute: lemon zest)
- Limes and Lime juice

Curry paste is a common ingredient in Thai soup, stir-fries and stews. It's a spice mixture made with fresh chilies, garlic, kaffir lime leaves, onion and other aromatic spices. Prepared curry pastes are available in the Asian food section of most grocery stores.

Curry pastes are spicy. For milder, family-friendly flavor, cut down on the measurement of curry paste called for in a recipe. For example, if a recipe calls for 1 Tablespoon of red curry paste use 1 teaspoon instead.

The most common varieties include:

- **Green Curry Paste**- Made using green chilies. This is the hottest curry paste on the heat scale.
- **Red Curry Paste**- Made using red chilies. This is milder than green curry paste, but still fairly hot.
- **Yellow Curry Paste** - Made using yellow wax peppers and turmeric. More mild than red curry paste.
- **Massaman Curry Paste** - A roasted curry paste that is made using cinnamon, cloves, cumin and cardamom. It has a sweet and spicy flavor.
- **Panang Curry Paste** - Made using lemongrass, coriander and cumin. It is the mildest curry paste.



COCONUT CHICKEN SOUP

Soups take the chill off winter and tastes oh-so good when you have the sniffles. This recipe for chicken soup has full Thai flavor and is sure to be a hit with the whole family, even the pickiest toddler. If you have a baby in your household, scoop out a little soup and puree it in the blender. It will be a nice consistency for the baby.

INGREDIENTS

2 Tbsp. Olive oil
1/2 - 1 tsp. Thai red curry paste
5 cups chicken stock
1 can (13oz) coconut milk
6 thin slices of fresh ginger
3 Tbsp. lime juice
2 Tbsp. fish sauce
3/4 lb boneless chicken breast
9-10 oz. baby spinach, sliced into thin shreds
4 ounces shitake or button mushrooms, thinly sliced
1 Tbsp. cilantro, chopped

DIRECTIONS

Slice chicken breast into very thin strips and set aside. In a large soup pot over medium heat, warm the oil. Add the red curry paste and cook, stirring, for 1 minute. Add chicken stock, coconut milk, ginger, lime juice, fish sauce and chicken breast.

Bring to a simmer, reduce heat and simmer for 5-7 minutes. Add spinach and mushrooms and simmer another 5 minutes. Add cilantro just before serving.

Remove and discard the ginger slices before serving.

