

# Vietnamese Sour Soup With Catfish Head (Canh Chua Nau Dau Ca Tre)

Serves 3-5

## INGREDIENTS

### Stock

- 5 garlic cloves (peel and chop finely)
- 2 tablespoons vegetable oil
- 1-3/4 quarts water
- 1 catfish head (cut into chunks if needed; can substitute with catfish steaks)
- 50 grams tamarind pulp

### Soup Seasonings

- 2-1/2 tablespoons fish sauce
- 3 tablespoons sugar
- 1 tablespoon chicken bouillon powder
- 1 teaspoon sea salt

### Vegetables

- Pineapple chunks (1 cup)
- 1 large tomato (300 grams)
- 200 grams/7 oz taro stem (peel and slice thinly)
- 50 grams rice paddy herbs (roughly chop)

### Side Dipping Sauce (optional)

- Fish sauce
- Fresh red chili peppers

## INSTRUCTIONS

1. At the bottom of a medium-size stock pot, heat up vegetable oil on medium high. Add garlic and fry until golden. Remove half of the garlic and set aside.
2. Add water (1-3/4 quarts). Bring the pot to a boil then reduce heat to a low simmer. Add catfish head and cook for 10 minutes. Occasionally, use a mesh or small spoon to scoop out any impurities (foam) that float to the top.
3. Using a mesh strainer, dip tamarind pulp into the stock until it softens. With a spoon, smash the pulp through the strainer to flavor the stock. Discard pulp. Add pineapples and continue to cook for 3-5 minutes.
4. Season stock to taste with fish sauce, sugar, chicken bouillon powder, and salt.
5. Add tomatoes and taro stems. Cook for 1-2 minutes then immediately turn off heat to prevent overcooking.
6. Transfer soup to a serving bowl. Garnish with rice paddy herbs and the reserved fried garlic. Serve with a side dipping sauce of fish sauce and fresh red chili peppers (optional).