

Vietnamese Luffa Gourd Soup With Ground Pork (Canh Muop Thit Bam)

Serves 4-6

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 shallot (peel and mince)
- 2 garlic cloves (peel and mince)
- 8 oz ground pork
- 1-1/2 quarts water or stock
- 2 teaspoons fish sauce
- 1 teaspoon sea salt
- 1 teaspoon chicken / vegetable bouillon stock powder
- 2 teaspoons granulated sugar
- 1 large luffa (about 2 lbs; peel and slice into small chunks)
- 1/4 teaspoon ground black pepper
- 2 green onions (slice thin)

INSTRUCTIONS

1. In a medium size pot, heat oil on medium high. Add shallot and garlic and saute until fragrant (about 15 seconds). Add ground pork and saute to combine with aromatics.
2. Add water/stock and bring pot to a boil then reduce heat to low simmer. Cook for 5 minutes. Occasionally skim off the foam at the top as needed.
3. Season stock with fish sauce, sea salt, stock powder and sugar.
4. Add sliced luffa gourd. Cook for 5-7 minutes until gourds are tender.
5. Garnish with black pepper and green onions.