Fusion Soup – Japanese Thai

If you watch a lot of cooking shows, dine out or read recipes for fun, you know all about "Fusion" food. Mixing different flavours can wake up your pallet and surprize your taste buds, creating a newfound love of experimentation in your kitchen. In the good 'ole days my Grammie would take everything out of the fridge and throw it in a pot and call it "garbage soup". We had mixed reactions to garbage soup as it was always different and rarely contained any spice except a bit of salt if you were lucky. With some trial, error, and bravery you may get a winner (at least according to my family) who said this soup was their new favourite. Besides being tasty this recipe is nutritious and easy to make. My Japanese Thai soup is a vegetarian option for lunch or snack.

Yes, that is a homemade cheese scone on the side of the plate which was tasty but not so nutritious or easy to bake! My compromise was to make the scones very small as they go wonderfully with soup.

Japanese Thai Soup

½ white onion diced

2 medium carrots sliced (or use up those mini carrots that come in a bag)

1 cube or tsp veggie broth powder

2 tbls miso

2 cups of water

½ lime or lemon juice

½ cup broccoli, cut small

Fresh basil, sliced

½ cup chickpeas

1 tsp thai chili sauce

Taste the soup and add salt, pepper, turmeric and/or mirin (start with ½ tsp).

*Mirin is a type of rice wine and a common ingredient in Japanese cooking. It is similar to sake but with a lower alcohol content and higher sugar content. The sugar content is a complex carbohydrate that forms naturally during the fermentation process; no sugars are added.