

Soto (a)yam

Description

Soto Ayam is one of those soups that feels like a complete meal in a bowl. Chicken, egg, potatoes, vegetables, rice, a little sambal and plenty of crispy onions. This is my quick version, using ready-made Soto Ayam boemboe rather than making the spice paste from scratch. Want to make it even quicker? Use a precooked or grilled chicken and precooked potatoes.

Growing up, I had a friend Estee, whoâ€™s parents owned Borobudur, one of the best Indonesian restaurants in The Hague, my birth town. They lived above the restaurant where I stayed over quite regularly. I can still feel the magic that house had for me. I was so taken by some beautiful Indonesian furniture. Hand-carved closets, tables , folding screen and I vividly remember this little makeup mirror cupboard with drawers to put jewelry and makeup. I absolutely loved that thing. I remember fantasizing about when I would have a house of my own that I wanted romantic furniture like that in my house. Makes me realize that is still the case. Gonna keep my eyes open for some treasures like that.

For now, making this soup will do. A real recommended dish for bigger groups, kids and adults, practically everybody likes this soup.

Nourishment

Fiber: low-medium
Veggie level: low-medium
Keeps you full: yes
Energy: steady & satisfying
Mood: cosy, spicy & a little exotic

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

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BLF Flavor

8.5 / 10

BLF Easy

7.5 / 10

MAKE IT MORE BALANCED
Use brown rice or another whole-grain rice blend instead of white rice. **(+0.5)**
Add a small handful of extra bean sprouts and sliced leek to each bowl just before serving. **(+0.5)**
Finish each bowl with a small drizzle of toasted sesame oil or a spoonful of peanut oil. **(+0.5)**
Squeeze a little bit of lime or lemon in the bowl of soup. **(Flavor boost)**

Details

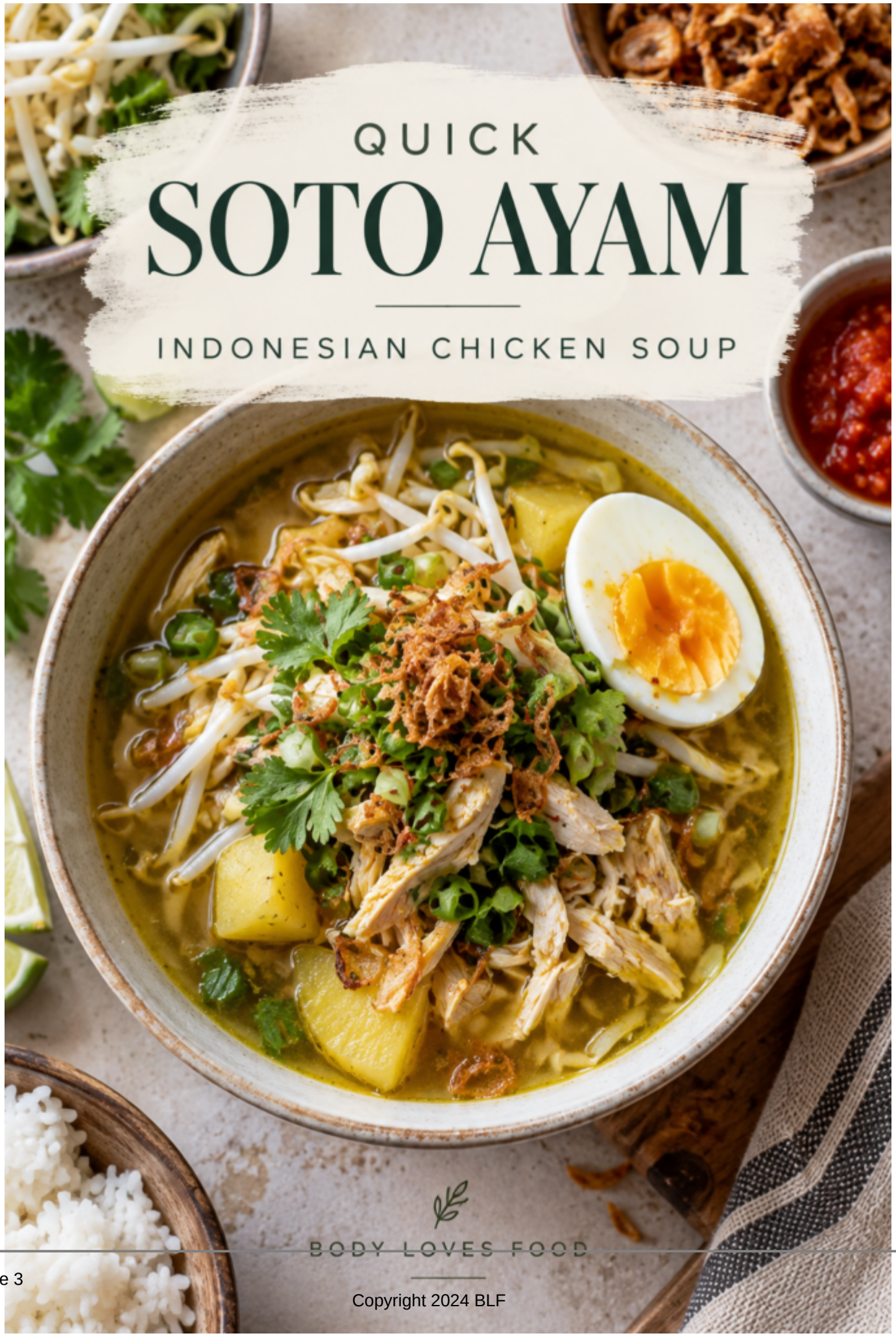
Servings
6 â€“ 8 servings

Prep time
20 minutes

Cooking time
60 minutes

Protein
~35gr per serving

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Ingredients

- 1 whole chicken **or** about 1â€“1.2 kg chicken legs (optionally a pre-cooked/grilled chicken)
- 2 liters water (or more if you make stock, make sure you end with 2 liters of stock)
- 2 chicken stock cubes (or more if you use precooked chicken)
- 2 packets Soto Ayam boemboe (Indonesian spice paste) â€“ amount depending on brand, probably around 90â€“100 g
- 2 tsp Sambal Oelek (spicy sauce)
- 8 medium potatoes (optionally precooked
- 6 eggs
- 50 g celery leaves
- 2 leeks
- 50 gr beansprouts
- 400 gr white rice
- Crispy fried onions
- Salt & pepper

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Directions

- Bring to boil about 2 liters of water in a big pan.

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- Season the chicken with salt and pepper, add it to the pot and reduce to a gentle simmer. Cook for about 45â€“60 minutes, until the chicken is completely cooked through and tender.
- Meanwhile, hard-boil the eggs. Boil the potatoes separately until just half cooked, then drain.
- Slice the leek and chop the celery greens. Cut the potatoes into chunks and peel and slice the eggs.
- Remove the chicken from the broth. Discard the skin and bones and shred the meat.
- Add the stock cubes and soto boemboe to the broth. Stir well and add sambal oelek to taste.
- Return the shredded chicken to the soup, then add the leek, celery and potatoes. Simmer for another 5â€“10 minutes, until the potatoes are tender but not falling apart.
- Divide between large bowls and add the sliced egg and bean sprouts. Top generously with crispy fried onions and serve with white rice.

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