

CURRIED WINTER VEGETABLE SOUP.

INGREDIENTS

1 LB OF MIXED ROOT VEGETABLES (CHOPPED INTO EVEN SIZED CHUNKS) (WE USE LEEK, CELERIAC, ONION, SWEDE, TURNIP, PARSNIP AND CARROT)

4OZ BUTTER

2FLOZ OLIVE OIL

1 CLOVE OF GARLIC

2 TSP CUMIN

2TSP GARAM MARSALA

1 TSP FENUGREEK SEEDS

2 PTS GOOD STRONG VEGETABLE STOCK

SPRING OF CORIANDER

1 TSP THYME (DRIED OR FRESH)

1 TSP CURRY POWDER (MILD)

1 CHILLI (DESEEDED AND CHOPPED FINE)

SALT AND PEPPER.

2 LIME LEAVES

2 BAY LEAVES

4 FLOZ COCONUT MILK.

METHOD

1. IN A HEAVY BOTTOMED PAN MELT THE BUTTER WITH THE OIL UNTIL FROTHING.
2. ADD THE VEGETABLES AND SWEAT OVER A LOW HEAT UNTIL SOFT AND TENDER.
3. ADD THE GARLIC, CHILLI, SPICES AND THE DRIED THYME.
4. CONTINUE TO COOK FOR A FURTHER 3 MINUTES
5. ADD THE VEGETABLE STOCK AND BRING TO THE BOIL
6. ADD THE LIME AND BAY LEAVES.
7. BRING TO A ROLLING BOIL.
8. REDUCE THE HEAT AND SIMMER FOR 1 HOUR OR UNTIL THE VEGETABLES ARE REALLY SOFT.
9. LIQUIDISE AND PASS THROUGH A FINE SIEVE TO REMOVE ANY LUMPS.ADD THE COCONUT CREAM AND SEASON SERVE IN WARM SOUP BOWLS WITH A LITTLE CHOPPED CORIANDER TO GARNISH.

HAPPY COOKING JONATHAN

