

Curried Winter Vegetable Soup.

Ingredients

1lb 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