



Curry Soup

(makes 4 servings)

This soup is a glorious colour and packs a real punch - and - you can turn it into a curried rice dish by leaving out the remainder of the milk!

Ingredients

100g white basmati rice
100mls chicken or vegetable stock
200mls full cream milk
2 tablespoons coconut oil
1 teaspoon mustard seeds
½ teaspoon fenugreek seeds
½ teaspoon cumin seeds
3 dried red chillies, crushed
6 shallots, peeled and finely chopped
1 teaspoon peeled and grated fresh ginger
5 cloves garlic, peeled and crushed
2 green chillies, de-seeded and finely chopped
10 curry leaves
½ teaspoon turmeric powder
Sea salt
1 red chilli, de-seeded and finely diced
Fresh coriander leaves, finely chopped

Method

Place the stock and 120mls of the milk in a medium-sized pot, bring just to the boil, turn the heat to the lowest possible setting, add the rice, stir well, cover the pot with a tight-fitting lid and cook for 10 minutes then turn the heat off completely and let the rice sit while you make the soup - don't remove the lid!

Meanwhile, warm the oil in a soup pot over a medium heat and toss in the seeds and dry red chillies. Stir well and let them 'pop' and infuse for a minute or two.

Add the shallots, ginger, garlic, green chillies and curry leaves and sauté everything gently until the shallots are soft but not browned.

Add the turmeric followed by the rice then while continuing to stir over a low heat, add the rest of the milk and keep stirring until it just begins to bubble (don't let it boil) then turn the heat off.

Check the seasoning, remove the curry leaves and serve topped with the red chilli sautéed in a little oil plus the coriander leaves.