

COCONUT & CASHEW

The White Goddess of Soups



INGREDIENTS

1 cup shredded coconut (not sweet)
1 Tbls oil for frying
1 onion chopped
1 chilli chopped
½ tsp cumin seeds,
½ tsp cardamom seeds
4 cups stock

1 ½ cups roasted, unsalted cashews
2 cups coconut milk
1 cup yogurt (or light cream)
salt, pepper, to taste
coriander or mint leaves to garnish
saffron threads (optional)

METHOD

In a heavy fry pan, on medium heat, dry fry the shredded coconut until it is golden. Stir frequently and don't burn it. Remove from the pan.

Fry onions, chillies, cardamom and cumin until onions are translucent (not brown).

Put the onion mixture in a soup pot. Add stock, fried coconut and all but a handful of cashews. Boil on low heat for about half an hour or until cashews are soft.

Process to a smooth consistency. Blend in coconut milk, and yogurt.

Serve hot or cold. Garnish with a few whole cashews and mint or coriander leaves.

Add a few threads of saffron for colour (optional)



DIVINE DATE

So easy – so exotic



INGREDIENTS

2 cups dates

2-3 chillies (or to taste)

6 cups stock/water

1 tbsp tamarind paste

(substitute juice of 1 lemon)

¼ tsp ground black pepper

Salt to taste

1 cup cream/yogurt (optional)

METHOD

If the dates have seeds, remove the seeds. On low heat boil dates & chillies in stock/water until soft (about 30 min.)

Process until smooth. Add more stock/water if necessary.

Add salt, pepper, and tamarind, boil for five minutes,

Add cream or yogurt for a richer soup

Serve hot or cold with a swirl of cream or yogurt and coriander leaf to garnish



LOVELY LAMB

to warm any heart



INGREDIENTS

500g (1 lb) lamb cut into small pieces

Oil for frying

1-2 onions chopped

8 cloves garlic chopped

1-4 chillies (to taste) chopped

1 carrot chopped

1 tsp cumin seeds

½ tsp cardamom seeds

½ tsp ground nutmeg

1 Tbsp fresh grated ginger or 1 tsp ground

6 fresh very ripe tomatoes (or a tin)

1 cinnamon quill or ½ tsp ground

1 bunch basil, remove tough stems

6 cups stock

METHOD

Fry the lamb until brown and set aside.

Fry, in the same pan, onions, garlic, carrot and chillies until onions are golden brown.

Add cumin and cardamom seeds. Fry for a few more minutes.

Add tomatoes, ginger, nutmeg and stock.

Boil until meat is tender. Add

basil about five minutes

before the end of the

cooking time.

Serve with

cream or

yogurt.



PONDICHERY PINK PRAWN

A french & indian marriage



INGREDIENTS

1 kg (2lbs) large uncooked prawns

1 onion finely chopped

3 cloves garlic finely chopped

½ tsp cardamom seeds

2-3 chillies (to taste) finely chopped

2-3 Leeks (optional)

6 cups fish stock

2 cups coconut milk

juice of a lemon

salt and pepper to taste

2-3 tsp of cochineal (optional)

corriander or mint leaves (to garnish)

METHOD

Peels prawns, and remove heads.

Remove the sand vein from prawns by slitting along the back.

Fry prawns in a little butter until flesh is pink. Set aside

Fry chopped onions, garlic, chillies and cardamom seeds until onions are golden brown.

Transfer fried onion mixture to soup pot and add stock and coconut milk.

Bring to a boil. Add lemon juice, cochineal, salt and pepper and bring to the boil. Take the pot off the heat and add to the prawns.

To serve.

Put hot soup in individual bowls, garnish with coriander or mint leaves.

Tip - optional

Fry the prawn heads and shells in a little butter. Add 1 cup water and gently boil covered for about five minutes. Throw out heads and shells and use the prawn water as part of your stock.

