

Posted on 3 October 2017

by Liz Robb

Recipe: Spiced Cauliflower And Sweet Potato Soup

Ingredients

A small cauliflower
A sweet potato, about 300g
1 onion
2 cloves of garlic
A small piece of fresh ginger
A heaped half teaspoon of cumin seeds
A heaped half teaspoon of mustard seeds
A teaspoon of ground turmeric
A teaspoon of ground coriander
Half a teaspoon of hot chilli powder
2 tablespoons of sunflower oil
1 litre of good vegetable stock
Salt and freshly ground black pepper
3 heaped tablespoons of thick Greek yoghurt
Naan bread

Servings

5

Person

Preparation

1. Cut the cauliflower into small florets. Peel the sweet potato and chop into fine dice. Peel and finely chop the onion. Peel and grate the ginger and peel the garlic.
2. Put the cumin seeds, mustard seeds, ground coriander, turmeric and chilli into a pestle and mortar and grind together.
3. Heat the sunflower oil in a large saucepan and gently sauté the onion for 3 minutes. Add the ginger and crushed garlic, stir in the spice mixture and cook gently, stirring, for a minute or two.
4. Add the sweet potato, stir well and cook for a further 2-3 minutes, stirring to prevent it from sticking.
5. Add the cauliflower florets, gradually add and stir in a litre of hot vegetable stock and bring to a simmer. Cook for about 20 minutes, or until the vegetables are really soft.
6. Blend the soup until it is smooth and thick. Stir in 3 heaped tablespoons of thick Greek yoghurt and heat through for a few minutes, adding a little more vegetable stock if the soup is too thick. Season well with salt and black pepper.
7. Garnish each bowlful of soup with a spoonful of Greek yoghurt and a little black pepper, accompanied by wedges of warm naan bread.

Cooks Note

A warming golden soup, thick, creamy and lightly spiced. Lovely served with thick slices of naan bread to dip in.