



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.
