



Apple Curry Soup

We served this at the one Salt Spring Apple Festival, and what a great way it was to feature our local Apples! This makes a lovely lunch for a cool fall day. Serve with a slice of your favourite hearty bread.

Ingredients:

2 TBL butter□

1 yellow onion, roughly chopped

1 large or 2 medium tart apple, cored and cut into 8 slices (Leave the peel on)

2-3 tsp Moghul Curry

2.5 cups stock (veg or chicken)□

1 tsp honey

½ cup cream

Salt to taste□

Squeeze of lemon

Scallions or parsley for garnish

Spices Used: Moghul Curry

3-4 Servings

Instructions:

1 - Heat butter in a saucepan over medium heat

2 - Add onion and sauté 2-3 minutes.

3 - Add the apple and sauté another 2 minutes.

4 - Add Moghul Curry and some salt, stir to combine and cook for a minute.

5 - Add stock and honey and bring to a boil.

6 - Reduce heat and simmer until the apple and onion are soft (20-30 minutes).

7 - Remove pan from heat and let cool for a few minutes before blending with a hand blender. Return soup to the pot and bring back to simmer.

8 - Add cream and adjust salt as required. Finish with squeeze of lemon.

9 - Garnish with parsley or scallions, and red pepper flakes if you like