Curried Coconut Cauliflower Soup

This creamy delicious soup can be served either as an appetizer or as a hearty meal. The creamy sweetness of the coconut milk blends perfectly with our aromatic golden Moghul Curry (or hot Tobago Habanero Curry) creating a unique flavour.

Ingredients:

3 TBL light oil

1 TBL black mustard seeds

1 medium onion, chopped

1 sweet pepper, diced

2 TBL Moghul Curry (or 2-3 tsp Tobago Habanero Curry if you like heat)

1 tsp turmeric

1 TBL fresh ginger, minced

6-10 cloves garlic, minced

1 TBL soy sauce

1 medium potato in small cubes

2.5 cups water or stock

1 medium cauliflower cut in small florets (about 3-4 cups)

1 can coconut milk

1 cup fresh or frozen peas

Small bunch cilantro, chopped

Salt to taste

Squeeze of lemon to finish

Scallions or cilantro for garnish

Instructions:

1 – Heat oil in a saucepan over medium heat

2 – Sauté the mustard seeds for a minute or 2 until they start to pop.

3 – Add onion and pepper, sauté for 3 minutes.

4 – Add Moghul Curry (or HOT Tobago Habanero Curry), turmeric and salt to taste. Cook for 1-2 minutes.

5 – Add ginger and garlic, sauté for 1 minute.

6 – Add soy sauce and potatoes, cook for 2 minutes.

7 – Add stock or water and cauliflower. bring to a boil.

8 – Reduce heat, cover and simmer until cauliflower is tender.

9 – At this point you can whir the soup with a hand blender to make it smooth or leave it a bit textured.

10 – Return soup to pot, bring back to a simmer. Stir in coconut milk, half the cilantro and the peas and cook on low heat for about 5 minutes, stirring regularly.

11 – Adjust salt and finish with a squeeze of lemon.

12 – Garnish with scallions or cilantro.

Spices Used: Moghul CurryTobago Habanero Curry
6-8 Servings