



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 Curry Tobago Habanero Curry
6-8 Servings