

Curried Carrot and Coriander Soup



Thermomix

Recipes from Thermomix *Fast and Easy Indian Cooking*

Using fresh home-made Madras curry powder will make this a taste sensation!

Ingredients

- 1 tbsp rice or red lentils
- 1 tsp sugar
- 1 strip lemon or orange peel
- 2cm piece ginger, peeled
- 250g – 350g carrots, roughly chopped (peel if not organic)
- 1 small red onion, peeled and halved
- 1 tbsp Madras curry powder (recipe below)
- 300g water plus 1-2 tbsp Thermomix vegetable stock (or stock of choice)
- 300g milk
- 50g butter
- Salt & pepper to taste
- 1 good size sprig fresh coriander
- 200g cream

Method

Place rice or lentils, sugar, peel and ginger into your Thermomix bowl. Grind 10- 20 seconds on speed 9.

Add carrots, onion, curry powder and butter. Chop for 5 seconds on speed 7.

Add water/stock, milk, butter, salt, pepper and coriander. Mix for a few seconds on speed 6 to combine. Cook 12-15 minutes at 100°C on Speed 1.

Blend for 30 seconds by slowly going from speed 1 to speed 9.

Add cream and seasonings to taste. Mix for a few seconds on speed 4 to combine.

Sprinkle coriander leaves over the top to garnish.



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Madras Curry Powder

Ingredients

- 2 ½ heaped tbsp coriander seeds
- 2 tsp garlic powder
- 1 heaped tbsp cumin seeds
- 2 tsp turmeric
- 1 tsp ground ginger
- 5 dried red chillies
- 1 tsp whole allspice
- 1 tbsp sea salt
- 1 heaped tbsp black pepper corns
- 2 tspn mustard seeds
- 1 tsp saffron threads

Method

Grind for 30 seconds on speed 10.

Store in an airtight jar.