



Spiced Green Pea & Coconut Soup

Inspired by an Indo Persian stew that uses fresh green peas, this soup is reminiscent of flavors of my home and childhood. The use of whole spices is imperative to give the soup its characteristic, well rounded, taste.

INGREDIENTS *(serves 6)*

4 cups green peas (fresh or frozen)

2 tablespoons butter

1 tablespoon grapeseed oil

2 green cardamom pods

1 clove

1-inch stick of cinnamon or cassia

½ teaspoon cumin seed

1 thai green chili, slit (optional)

1 medium yellow onion, roughly chopped

3 whole scallions, roughly chopped

1 teaspoon salt, or to taste

3 cloves garlic, finely minced

1 cup cilantro (leaves and tender stems), roughly chopped

1/3 cup, packed, fresh mint leaves, roughly chopped

1 teaspoon ground coriander

½ teaspoon sugar

2 cups vegetable (or chicken) stock, plus extra to thin the soup, if desired

A generous splash of Worcestershire sauce (optional)

½ cup of thick coconut milk, or to taste

Garnish *(see recipe notes)*

Dressed microgreens

Yogurt emulsion with lime zest

Garam masala croutons



METHOD

Step one

In a pot of boiling water, blanch the peas for 2 minutes. Drain immediately and plunge into a bowl of iced water to stop the cooking. Set aside

Step two

In a deep skillet, melt the butter with oil over moderate heat. Add the whole spices and the green chili. Tip the pan at an angle so the spices are surrounded by and sizzle in the hot oil/butter mixture for about 15-20 seconds. Add the roughly chopped onion, scallions and the salt. Sauté for 2-3 minutes until the onions are translucent, but not browned. Add the minced garlic and sauté for a further minute. Throw in the fresh cilantro and mint and toss through until just wilted. Sprinkle over the ground coriander and sugar, stir through. Add the stock, mix gently and then cover and cook the mixture for 5 to 6 minutes at a gentle simmer.

Step three

Empty the contents of the pan into the jug of a high-speed blender, along with the blanched peas (drained from the ice water) and the splash of Worcestershire sauce. Blend on high till *very* smooth. Empty the soup back into the pan and gently blend in the coconut milk. If the soup is too thick for your liking, thin it down with more stock, water or thin coconut milk. Taste to adjust the seasoning and heat through before serving.

Step four - garnish and serve

Scatter the surface with lightly dressed microgreens, if available, and drizzle over a light yogurt emulsion made by blending plain yogurt with water (till pourable), salt and a generous amount of lime zest. Serve with garam masala croutons (see below).

Recipe notes:

~ Garam masala croutons can be made by flavoring 4 tablespoons of oil with 1 teaspoon of garam masala powder. Heat the oil in a skillet and then add 2 cups cubed bread. Toss in the oil till browned and crisp, drain on paper towels. Season with flake salt and serve on top of the soup.

~ An extra spoonful of blanched peas can also be made and placed in the bottom of the soup bowl before pouring the soup over, for added taste and texture.