

SPICY BEETROOT AND COCONUT SOUP

After a recipe by Simon Rimmer

Serves: 6

INGREDIENTS

- 500g raw beetroot scrubbed
- sea salt, and freshly ground pepper
- vegetable oil, for brushing and shallow-frying
- 2 shallots or ½ onion finely chopped
- 1 tsp cumin seeds
- 1 tbsp red curry paste
- 600ml vegetable stock
- 1 tin coconut milk
- juice of 1 lime or lemon

For the garnish:

- 60 ml rice or cider vinegar
- 75g brown sugar
- ½ cucumber finely diced
- ½ red pepper, finely diced
- 50g roasted peanuts finely chopped
- 1 shallot or spring onion, finely diced
- 1 bird's eye chilli, finely chopped
- handful of fresh mint leaves, shredded
- handful of fresh coriander, shredded



METHOD

1. Preheat the oven to 200°C/gas 6.
2. Sprinkle the beetroot with sea salt and toss in vegetable oil, then roast in a roasting tray covered in kitchen foil for 35 minutes until tender. Peel and chop the roasted beets.
3. Heat vegetable oil for shallow frying in a large saucepan. Add in the shallot and cumin seeds, then half a tablespoon of red curry paste and fry, stirring, for 5 minutes to release the fragrance.
4. Add the roasted beets and fry for 2-3 minutes. Add in the stock and bring to the boil.
5. Reduce the heat and simmer for 7-8 minutes.
6. Add remaining curry paste and coconut milk and blend until smooth.
7. Season to taste with salt and freshly ground pepper. Gently reheat and stir in the lime juice.
8. To prepare the garnish, boil up the rice vinegar and sugar in a small pan until the sugar dissolves and forms a syrup.
9. Pour the sugar syrup over the cucumber, red pepper, peanuts, shallot and chilli and cool slightly.
10. Mix in the mint and coriander.
11. Serve each portion of soup with a spoonful of the garnish.