

## Tomato, Coconut and Chilli Soup

A creamy, warming version of tomato soup – well worth the effort of peeling the tomatoes. Serves 6.

### Ingredients

- 500g tomatoes
- 2 tbsp vegetable oil
- 1 large onion
- 2.5cm ginger
- 2 large garlic cloves
- Sea salt and ground black pepper
- 2 red chillies
- ½ tsp dried fenugreek
- 1 bay leaf
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 100g tomato purée
- 400ml tin coconut milk
- Pinch of sugar (optional)
- 1 tbsp coconut or vegetable oil
- 1 tsp cumin seeds
- Pinch of asafoetida (optional)
- Handful of coriander leaves
- 2 tbsp toasted flaked coconut, to garnish (optional)



### Method

- Peel and finely chop the onion, ginger and garlic.
- De-seed and finely chop the chillies.
- Bring a medium pan of water to boil.
- Lightly score a cross at the top and base of the tomatoes then lower them into the boiling water. for 15-20 seconds – work in batches.
- Remove with a slotted spoon and refresh in a bowl of iced water.
- Once cooled, peel off the skins off the tomatoes and roughly chop the flesh. Set aside.
- Heat the oil in a medium saucepan and add the onion, ginger and garlic. Add a pinch of salt and some pepper and sweat for 5-8 mins until the onion begins to soften.

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## Method (continued)

- Add the chillies, fenugreek, bay leaf, turmeric and cumin and cook for another 3-4 mins.
- Add the chopped tomatoes, tomato purée and coconut milk. Use the tin to measure out an equal amount of water. Add this to the pan, stir and bring to a simmer. Cook gently for about 15-20 mins until the tomatoes are very soft.
- Purée the soup using a stick blender.
- Season to taste with salt and black pepper. Add a pinch of sugar if it tastes too acidic. If you prefer a thinner soup, dilute it with some boiling water - adjust the seasoning.
- In a small pan, heat the coconut or vegetable oil and add the cumin seeds and asafoetida, if using.
- As they begin to pop, take the pan off the heat and pour the spiced oil into the tomato soup. Stir well.
- Garnish with coriander leaves and toasted flaked coconut.

