

Sweet Potato Soup

I love the 'exotic' flavours of my Sweet Potato Soup. It's savoury, sweet and a little spicy. A touch of curry powder provides the spice element, and coconut milk stirred through at the end is for extra creaminess (and yumminess).



I'm going to keep this post short (I'm having some technical issues which I need to sort out). Looks like it's going to be a long night on the phone.

Nothing like technical problems to send both your pulse racing and blood pressure through the roof. I wasn't even sure if I'd be able to get this recipe out to you today but it seems that I can.

Fingers crossed that nothing else goes wrong!

Now about the soup! I've had this recipe for about 20 years and love making it. It is a little different from the usual soups I make; it's not often I use curry powder or coconut cream in my soups, but that's exactly what I like about it. It's different.

Croutons are my choice for a garnish. Coriander leaves or a drizzle of coconut cream would work equally well.

A soup with a difference. Enjoy!

Danielle

(Here's hoping for no more tech problems).

Preparation Time: 10 mins Cooking Time: 20 mins
Servings: 4

Ingredients

- 750 g / 1.5 lb sweet potato (note 1)
 - 1 medium onion, diced
 - 2 tsp curry powder
 - 2 tbsp olive oil
 - 2 1/2 cups chicken stock
 - 100 mls / 3 fl oz coconut milk (note 2)
 - salt, pepper
 - **optional**: croutons
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Instructions

1. Heat the oil in a medium size saucepan over moderate heat.
2. Add the diced onion and saute until soft and golden.
3. Add the chopped/sliced sweet potato. Sprinkle the curry power over the sweet potato. Stir.

4. Turn the heat down to moderate low. Place the lid on the saucepan. Saute until soft. The sweet potato will sweat while cooking. Lift the lid and stir every now and then. If you feel it's too dry, add a little splash of water.
 5. Add the stock and coconut milk. Stir gently.
 6. Bring to the boil then reduce heat to a simmer. Cook for another 5 mins.
 7. Remove from the heat. Allow to cool for a few minutes.
 8. Puree until smooth. Season. Have a taste! If too thick for your liking, add more stock.
 9. Pour into soup bowls. Scatter croutons on top. You may also like to add a little black pepper.
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Notes

1. I use Gold sweet potatoes. They have a thin, brown skin encasing bright orange flesh. They also keep their lovely bright orange colour through cooking. Peel the sweet potato and slice into 1 cm / 1/2 " rounds. Slicing thinly cuts down on cooking time.
2. Shake the tin of coconut milk just before use. All the good stuff is at the bottom. If you don't use it all, you can freeze it.