

Recipe Of The Season



Carrot And Red Lentil Soup

This is a lovely soothing winter soup, the spices have a wonderful warming effect on the body, the garlic provides us with its antiseptic properties, aids digestion and also helps relieve symptoms of colds and flues. Carrots are an excellent source of vitamin A and the lentils provide a wonderful base of protein, fibre, B vitamins, potassium and zinc just to name a few.

If you are suffering from cold and flu symptoms increase the amount of garlic to 4 or 5 cloves and you could also add a chilli for extra boost. This soup left overnight will become quite thick, so just add a little hot water to get the right consistency. You could also serve this as dhal with rice.

Ingredients

- 4 organic grated carrots
- 500g organic red lentils
- 2 cloves of crushed garlic
- 1 ¼ tsp garam masala
- 1 tsp curry powder
- ¾ tsp pancha phora (a special blend of whole Indian spices)
- 1 diced onion
- 1 ¾ tbs organic ghee
- 3 tsp tamari
- 1 ½ litres good vegetable stock (we use marigold organic bouillon powder)

All ingredients are available in store

What is Ghee?

Ghee, or otherwise known as clarified butter, has been used for more than six thousand years in India. It is highly praised in ayurvedic scriptures for its purifying, disinfecting and healing properties. Ghee is far superior in its properties than any other oil, it helps aid the whole digestive process, absorption and assimilation. It is a purifier that expels and absorbs toxins from the body.

Yoga practitioners say that ghee lubricates the connective tissue and promotes flexibility. Modern science tells us ghee harbours phenolic antioxidants, which bolsters the immune system. Ghee can be used when baking, frying, sautéing and as a replacement for butter, it provides a wonderful sweet flavour that enhances every meal.

Method

Melt the Ghee in a soup pot, sauté the onion until it starts to turn transparent, add the garlic and spices and sauté for another 2-3 minutes (you might need to turn the heat down a little as you don't want the spices or garlic to burn). Add grated carrot and lentils and stir until nicely coated with all the spices. Add stock and bring to the boil, turn the heat down to a simmer, stirring occasionally and topping up with a little extra stock if the soups getting too thick. Simmer for approximately 30 minutes or until the lentils start to collapse, take off the heat and stir through tamari. Serve in nice big soup bowls with crusty bread or pappadams.