

Eastern Promise Soup

by Coupar Angus Food Focus Café  45 mins  Serves 4

#SoupOnSaturday



Try something new with this recipe for Eastern Promise; an aromatic soup full of interesting flavours and nutritious ingredients.

Ingredients

- 200g Yellow Split Peas
- 1 Onion (peeled and chopped)
- 1 Stick Celery (washed and chopped)
- 1 Clove Garlic (peeled and chopped)
- ¼ tsp Chili Powder (more if you like it hot)
- 2 tsp Ground Ginger or 2" Fresh (grated)
- ¼ tsp Cinnamon and ¼ tsp Ground Cardamom or Mixed Spice
- 2 Dried Apricots (finely chopped)
- 1.5 Litres Boiling Water
- 3 Tbsp Sunflower Oil

Method

1. Soak the peas overnight or for 6 hours in cold water. (If you don't have time, cover with water and microwave for 15 minutes, then rinse well.)
2. Heat the oil in a large pan, then fry the onion, garlic and celery for about 5 minutes.
3. Add the ginger and chili, and stir. After a few moments, add the spices and stir for 30 seconds. (Be careful, these burn easily!)
4. Add water and stir, before adding the split peas and chopped apricots.
5. Stir again, put the lid on, and simmer for 45 minutes, stirring occasionally. Check every so often and add more water if required.
6. Blend, serve and enjoy!