

Eastern Promise Soup

(Adapted from the Coupar Angus Food Focus Café Collection)

#SoupOnSaturday

Description

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!