

Taste of Africa ®

-a safari full of flavour-

Crayfish soup from Humlarp

A wonderful soup to enjoy the day after the crayfish party

Crayfish soup You need this:

Shells from ca 2 kg crayfish
8 tbsp (120 ml) oil
2 fresh fennels, chopped
4 onions, chopped
1 large carrot, in pieces
4-5 tomatoes, chopped
4 tbsp (60 ml) tomato pure
20 white peppercorns
4 bay leaves
2 tbsp dill seeds
2 tsp dried fennel
3 L water
2 fish stock cubes
1 L cream
1 or 2 tins crayfish tails
(not necessary, but it makes the soup meaty)
Cognac

Make the Crayfish soup like this:

Heat the oil in the potjie and roast the shells on high heat. Add the onions and braise until soft, then add the rest of the veggies, spices and tomato pure.

Warm up the ingredients and stir-fry for a while. Add the water and the stock cubes. Let it simmer for 30 minutes. Pour the contents of the potjie through a strainer/sieve to remove the shells. Pour your soup back into the potjie and add the cream. Heat it up and add cognac to taste.

Enjoy the soup with freshly baked bread. Perhaps the potjie bread from Transkei? (see recipe below)

Good to know:

Always pre-heat large quantities of liquid before adding them to the potjie. It can crack!
If you are outside - it's good to use a flask!