

Taste of Africa

- a safari full of flavour -

Potjie-soup with Coconut & Root Vegetables

A soup to awake your senses with colours and flavours that makes you want more. Serve with freshly baked bread, i.e. Potjie-bread from the Transkei.

You need this for
4 persons:

½-1 turnip
½-1 sweet potato
3-4 beetroots
1 red onion, finely chopped
5 ml marjoram, dried
2 ½ ground fresh ginger
1 ¼ ml ground cinnamon
15 ml spring onion, chopped
1 L tasty vegetable or beef stock
1 tin creamed coconut
30 ml flaked almonds
1 fresh green chilli, chopped without seeds
50 ml ground coconut
Salt
Black pepper, freshly ground
Olive oil for frying
fresh chopped herbs for decoration-
coriander or thyme

Do the soup like this:

Peel and chop the root vegetables (the size of sugar cubes, or larger). Pour oil in a potjie and heat it over hot coals. Add the red onion and fry for 4-5 minutes and then the chopped roots, and fry for another 3-4 minutes. Blend in the marjoram, ginger, cinnamon, and spring onions, salt and freshly ground black pepper. Let everything fry on low heat for another 10 minutes. Stir occasionally. Remove the pot from the heat for a while and add the coconut milk in small portions, stirring all the time. Then, add the warm stock, the almonds and the chillies. Stir and let it simmer with the lid on for 10 to 15 minutes. The vegetables should be soft but not fall apart. The beetroots are a little firmer than the other root vegetables. Blend in the ground coconut a minute before serving the warm soup.

Garnish with chopped coriander or thyme!
Serve with fresh bread!