

Beet, Ginger, Lemon Grass & Coconut Soup



<Ingredients (4 serve)>

- 3 large beetroots (Peel and cut into 4 pieces each *)
- 1 stalk Celery (slice into half)
- 1 Yellow onion (roughly chopped)
- 3 cloves Garlic (chopped)
- 5cm Ginger (peel and chopped)
- 1 L Vegetable stock
- 250ml Dry sherry
- 1 can Coconut milk
- 1 stalk Fresh lemon grass
- 1 Bay leaf
- 2 tsp Sea salt

Chives (optional)

Fried onion (optional)

*)For saving a time to be cooked, cut the beetroots

<Method>

1. **Cook the vegetables**

Pour the vegetable stock in a stew pan and add beetroots, celery, onion, garlic and ginger. Bring to the boil and reduce a heat and simmer until the beets are fork-tender, 10 minutes.

2. Simmer the soup

Transfer the stock and vegetables into a food processor or blender and whiz until all are smooth paste.

Pour the mixture back to the stew pan again and add the dry sherry, coconut milk, lemon grass and bay leaf.

Bring to the boil and reduce a heat, simmer for 15 minutes.

Garnish with chopped chives and fried onion if you like.