

Spicy Squash, Coconut and Cumin Soup

By Chef Nick

INTRODUCTION

Autumn is a great time of year for produce, the abundance of which gives inspiration in the kitchen. From figs and apples to medlars, quinces and squashes, most of the fruits store well and improve with keeping if kept cool and dry.

SERVES 6

INGREDIENTS

1kg (2 ¼lb) squash
6 red onions
4 cloves of garlic
1 3cm (1in) thumb of ginger
1 medium sized red chilli
50ml (1 ¾ fl oz) sesame oil
2 tsp cumin seed
½ tsp fennel seeds
1 tsp turmeric powder
1 ltr (1 ¾ pints) coconut milk
250ml (9 fl oz) water
Salt and cracked black pepper
½ cup fresh coriander leaves or ¼ cup fresh tarragon leaves



METHOD

Peel the squash, onions, garlic and ginger and finely slice them and the chilli.

Heat the oil almost to smoking and add the chilli, garlic, ginger, cumin and fennel. Fry on a fairly high heat, stirring constantly for 1 minute. Add the squash and fry for a further 4 minutes, stirring occasionally, then add the squash and turmeric and turn down the heat.

Sauté for 10 minutes, stirring occasionally, then add the coconut milk and water and bring to the boil. Turn down the simmer for about 15 minutes until the squash is soft.

Remove from the heat and allow it to cool before blending to a fine purée in a liquidiser. Test for seasoning and add salt and cracked black pepper.

Reheat just before serving and stir finely shredded coriander or tarragon leaves through it as it goes to the table.