

Cauliflower and Chana Dal Soup

Makes a 4 litre pot, about 10 portions, adjust accordingly.

1 cauliflower
2 large onions
4 cloves garlic
Approx. 300g chana dal (I don't measure it!)

Spices 1:

(you could substitute 1 tablespoon of your favourite curry paste/powder)

garam masala 2 tsp
ground cumin seed 2 tsp
ground coriander seed 2 tsp
ground fenugreek seed 1 tsp
ground black pepper ½ tsp

Spices 2:

turmeric ¼ tsp
paprika 1 tsp
mango chutney 1 tsp

5 Kallo organic vegetable stock cubes

Method

Fry the onion and garlic, roughly chopped in about a tablespoon of (rapeseed) oil, until browning nicely.

Add spices 1, continue gently frying to create a brown paste, scrape the spice mix off the pan as you go, adding water to loosen it.

When nicely dark and aromatic, add the cauliflower chopped, (including some of the stems if you wish) chana dal and water to $\frac{3}{4}$ fill the pan.

Add spices 2 and the stock cubes.

Simmer for 45 minutes until the dal is soft, watch it doesn't stick.

Blend to your chosen consistency, adding water if required.

