

Curried Zucchini Soup, (modified from an Emeril Lagasse's Food Network recipe)

Yield: 8-12 servings

- 2 tablespoons vegetable oil (better to use coconut oil)
- 2 cups chopped yellow onions
- 2 tablespoons minced garlic (I usually put in one whole pod)
- 4 teaspoons curry powder
- 1 teaspoon salt
- Pinch cayenne (or more if you like hot)
- 4 pounds zucchini, trimmed and chopped (leave on a little skin for vitamins and sometimes if I have some yellow squash I use both)
- 7 cups vegetable stock (I use "Better Than Bouillon" vegetable base)
- 2 cans whole coconut milk (Emeril used cream, rather than coconut milk)
- 1 Tablespoon sugar (optional, but it's better with the sugar)
- Chopped cilantro, garnish (I put a big handful in the soup as I blend it)
- Fried pappadums, or toasted pita triangles, accompaniment

Directions

In a medium pot, heat the oil over medium-high heat. Add the onions and garlic and cook, stirring, until soft, about 3 minutes. Add the curry powder, salt, and cayenne, stir, and cook until fragrant, about 30 seconds. Add the zucchini, reduce to medium heat, and cook, stirring occasionally, until soft, 5 to 6 minutes. Add the stock and bring to a boil. Reduce the heat and simmer until the zucchini is very tender, about 20 minutes.

Remove from the heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup. Return to medium heat and stir in the coconut milk. Simmer for 3 minutes. Adjust the seasoning, to taste.

Pour into a clean container and let cool slightly. Refrigerate until well chilled, 4 to 6 hours.

To serve, ladle into large cups, garnish with cilantro, and serve with hot pappadums or pita toast.

This soup is fabulous hot or cold.

PS: I added some fresh cilantro to the mix when I was whirring it with the blender. Not cooked, but fresh in the mix, then more after plating as a garnish.