

A classic soup with a little spin. Serving it with the mint chutney allows the individual flavors to stand out. The yogurt adds a creamy texture to both the chutney and the soup.

Pea Soup with Mint Chutney and Yogurt

Serves 6 as a starter.

1 ½ tablespoons butter
¼ cup shallots, diced
1 garlic clove, diced
1 teaspoon garam masala

1 large potato, peeled and diced into 1-inch pieces
6 cups vegetable stock or water
4 cups fresh or frozen peas
2 teaspoons salt
Cracked black pepper to taste
1 cup plain yogurt for garnishing

- ♦ In a medium soup pot melt the butter over medium-low heat. Add the shallots, stir to coat and cook for 2 minutes or until they turn soft and translucent.
- ♦ Add the garlic and garam masala and continue cooking for 1-2 minutes, making sure not to brown the garlic or shallots.
- ♦ Add the potatoes and vegetable stock, increase the heat to high and bring the contents to a boil. Once at a boil, reduce the heat to medium and cook until the potatoes are soft, about 12-15 minutes.
- ♦ Add the peas and continue cooking for 4-5 minutes or until the peas are soft and still bright green.
- ♦ Remove the pot from the heat and let cool for a few minutes.
- ♦ Use an emersion blender or food processor to puree the soup to a smooth consistency. Add water or stock if the soup is thick and not pureeing smoothly.
- ♦ Reheat the soup and season with salt and pepper.
- ♦ Ladle the soup into bowls, swirl the mint chutney over the top and finish with a dollop of plain yogurt.

Mint Chutney

1 cup mint leaves, roughly chopped
⅓ cup green onions, roughly chopped
1 ½ jalapeño chili peppers, stem and seeds removed, roughly chopped
2 teaspoons ginger, finely diced
¼ cup lemon juice
1 ½-2 teaspoons sugar
3-4 tablespoons water
Salt and pepper to taste

- ♦ Combine the mint, green onion, chili pepper and ginger in the bowl of a food processor. Pulse the contents to grind. Puree the ingredients to a fine paste.
- ♦ Add the lemon juice, sugar and enough water to make a runny paste consistency. Season with salt and pepper.

