

Tamarind & Plantain Soup - Central America

Ingredients:

2 tbsp Sesame Oil 2t Cumin
1 large diced Onion 2t Garlic, minced
1/2 - 1 tsp Chili Flakes
2 - 4 very ripe plantains, cut into pieces
1 pint Chicken Stock or Vegetable Stock
1/2 C Coconut Milk mixed with 1/2 pint water
1 Can Tamarind Juice
1/2 C Cilantro Salt & Pepper to taste



Instructions:

Heat the sesame oil in a saucepan, when hot add cumin and chili flakes; and let sizzle for about 20 seconds to release their flavors.

Lower the heat and add the diced onion, and the garlic (being careful not to let the garlic burn and become bitter).

Once the onion softens, add the sliced plantain and let it cook for 5 minutes. Add the chicken or vegetable stock, tamarind juice, and coconut milk (2-2 1/4 pints in total of liquid).

Bring to the boil,, reduce heat and let simmer until the plantains are very soft.

Take the saucepan off the heat, and blend the mixture. You may want to add more liquid if the soup is too thick,

Return the saucepan to the heat, add plenty of chopped fresh cilantro, salt & pepper to taste!

Serve with crusty bread, good friends and conversation!

Enjoy experimenting with the quantities of plantain, tamarind and coconut for your own special blend!