TATUA
Specialised Dairy

Creamy Kumara & Ginger Soup

Ingredients

2 tablespoons olive oil
1 large onion, diced
1 clove garlic, sliced
1 large piece ginger, peeled and finely diced
1 tsp cumin seeds
1 tsp ground coriander
4 medium kumara, peeled and diced
2 cups water
½ tsp celery salt
1L Tatua Cooking Cream
Cream swirl / chopped chives / sprinkle of dukkha

Method

1. Heat the olive oil in a large saucepan.
2. Add the onion, garlic and ginger and sauté for 3-4 minutes until soft and fragrant.
3. Add the seeds and ground coriander.
4. Add the peeled kumara and toss together.
5. Add the water and salt and cook for 10 minutes.
6. Then add the Tatua Cooking Cream and cook a further 15 minutes or until the kumara is soft. Remove from heat and blend with a stick blender or masher until desired consistency.
7. Spoon into serving bowls and top with a swirl of Cooking Cream, chopped chives and sprinkle with dukkha.

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