

Curry Orange Infused Ruby Beet and Cardamom Soup

By Mark Klaudt, chef and owner Route 40 Soup Co., Turner Valley

Serves 6

Ingredients:

1.8 kg (4 lbs) organic red beets

1 large white onion (softball size), chopped

5 large pieces of celery stalk, leaves removed

zest of 1/2 small orange (careful to not include any of the white pulp of the skin)

10 ml (1 1/2 tsp) of cardamom (grinding your own from a whole is much more flavorful)

20 ml (1 1/2 Tbsp) mild Pataks Curry Paste

250 ml – 500 ml vegetable stock

salt and pepper to taste

125 ml (1/2 cup) orange juice concentrate

cream or milk

cilantro

plain yogurt

Method:

Prepare beets by trimming, washing and cooking until the skin can be rubbed off when submerged in ice-cold water. This can be done the day before.

In an 8 to 10 litre pot over medium lightly brown the onion.

Add celery stalk, orange zest, cardamom, curry paste and cracked pepper.

Sautee until celery softens.

Add prepared beets and enough vegetable stock to the same level as the vegetables in the pot.

Simmer for about 1/2 hour then puree in blender or with a good hand blender.

Add organic orange juice concentrate and salt to taste.

To serve: Add some milk or cream and a little fresh cilantro and yogurt for garnish.