

Sweet Potato and Sesame Soup with Roasted Coconut



🕒 45 - 60 Mins



¼ Fry's Polony/Slicing Sausage, cubed 1 red onions, chopped 1 garlic clove, finely chopped 20ml fresh ginger, finely chopped 30ml olive oil 20ml margarine 45ml dry sherry 2 tsp rapadura/coconut sugar 500ml/2cups water 3 sweet potatoes, chopped 4 carrots, chopped 15ml tomato paste 1 tsp Himalayan Salt 10ml sesame seeds, toasted (set aside some for serving) 1 tsp chilli flakes 400ml/1 tin coconut milk Handful fresh coriander, chopped 15ml cumin seeds, toasted ½ lemon, squeezed Fresh/shaved coconut, toasted for serving



Preparation

Serves 8 (or 4 if you have 3 very hungry boys in your family)

Cooking Instructions

Sweat the onions, garlic and ginger in the olive oil and butter for about 5 minutes.

Add the sherry and sugar and continue cooking until the mixture is thick and sticky, about 5 minutes.

Add the water, sweet potatoes, carrots, tomato paste, sesame seeds, chilli flakes, coconut milk & salt.

Simmer until all the vegetables are soft, about 30-40 min.

Add more water only if necessary.

Purée with a hand blender.

Fry the cubed Polony in a little bit of oil until crispy and set aside.

Add the coriander, cumin seeds and lemon juice.

Serve hot with sesame seeds, coconut and Polony.

Serve with Sourdough or Rye Bread.