



Tomato and Coconut Soup (Saar)

6- 8 Servings

Grocery List:

- Roma Tomatoes
- Canned coconut milk
- Garlic
- Cilantro
- Ghee or oil

- 2 Pounds well-ripened Roma Tomatoes rinsed, cut in halves and cored
 - 1 cup organic canned coconut milk (Trader Joe's)
 - 2 medium garlic cloves finely chopped
 - 2 Tablespoons cilantro finely chopped and divided
 - 1 sprig Curry leaves, rinsed and lightly bruised (available in most Indian groceries- optional)
 - 1/2 Teaspoon **Seven Happy Seeds Pilaf Spice**
 - 1 Tablespoon ghee (Trader Joe's clarified butter) or any neutral cooking oil
 - 1 1/2 Teaspoons salt (or to taste)
 - 2 Tablespoons granulated sugar (adjust to tartness of tomatoes)
 - 1 cup water
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- Place tomatoes in a medium soup pot, add enough water to immerse completely and cook (covered with a vented lid) on medium heat for 8-10 minutes or until soft. Allow to cool down and remove peels.
 - Place peeled tomatoes, water, coconut milk, salt, sugar, and garlic in a blender jar, and make a smooth puree.
 - In a medium soup pot simmer puree on medium low heat for 10 minutes, stirring occasionally. Add more water if a thinner consistency is desired.
 - Add half of chopped cilantro and curry leaves and simmer for 5 more minutes. Turn heat off.
 - For the seasoning- melt ghee in a small sauce pan on low heat. Add Pilaf spice and toast lightly for a few seconds until aromatic (take care not to burn spices). Turn heat off.
 - Drizzle seasoned ghee with a spoon over hot soup just before serving.
 - Garnish with remaining cilantro and enjoy as an appetizer soup with toasted bread croutons, or with Khichari (rice and lentil pilaf).