



South African Recipes

"cooking with confidence"

Onion soup

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Ingredients

- 6 Onions
- 1 tsp Bay leafs
- 1 tsp ground Coriander seeds
- ½ tsp dry crushed Red chilly
- 2 tsp BBQ spice
- 2 tsp Yellow curry mild
- ½ tsp leaf masala
- ½ tsp Garum masala
- 2 tsps Tomato paste
- Salt to taste

Method

- On high heat in a little oil fry 5 sliced onions, Bay leafs, Coriander and Chilly.
- Add the spices and gradually add 5 cups of water.
- Simmer for 15 minutes.
- Using a stick blender or normal blender and blend the soup. It will become a bit thicker.
- Add Tomato paste and 1 cup of water and bring to the boil.
- In a separate pan fry the remaining onion, sliced until golden brown.
- Add the fried onion to the soup.
- Serve hot.

Serve 5 portions